

# Celeriac Chunky Chips



4:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion (6 chips)

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	15.7g	
Protein	1.3g	
Carbohydrate	2.5g	
Energy (calories)	157kcal	



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# Celeriac Chunky Chips

Ingredients	Quantity	Your recipe
Celeriac, peeled	100g	
Vegetable oil* for deep fat fryer	As per manufacturer's instructions	
Mayonnaise, full fat e.g. Hellman's	13g	

\*approximately 5g oil absorbed in cooking process and factored into nutritional content

## Method:

1. Pre-heat oil in fryer to 180°C.
2. Cut celeriac into chips of approx. 9cm in length by 2cm thick to make 6 chips, place into basket of the fryer and lower into the oil, cook for 5 minutes.
3. Lift basket out of the fryer and shake the chips to remove excess oil, turn out on to a tray lined with kitchen roll to absorb further excess oil.
4. Serve with full fat mayonnaise.



- Add curry powder to the mayonnaise for some spice!



## Always check with your dietitian what is suitable for you

- A great side to add to many meals!
- Serve with aioli (see calamari with aioli dip recipe)



**This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.**