# Battered Chicken Goujons and Chunky Celeriac Chips

**MKD recipe**

**TRIED & TESTED** MATTHEW'S FRIENDS

## 1.9:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 8 minutes
- **Recipe makes** 1 portion (4 goujons and 6 chips)

Recipe provides **approximately**:

| Nutritional content | Quantity | | Your recipe/MKD exchanges |
|---|---|---|---|
| Fat | 51g | 44.8g LCT | |
| | | 6.2g MCT | |
| Protein | 22.7g | | |
| Carbohydrate | 4.6g | | |
| Energy (calories) | 568kcal | | |

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# Battered Chicken Goujons and Chunky Celeriac Chips

| Ingredients | Quantity | Your recipe |
|---|---|---|
| Vegetable oil * for deep fat fryer | As per manufacturer's instructions | |
| Egg, beaten | 15g | |
| MCTprocal® | 10g | |
| Olive oil | 10g | |
| Chicken breast, skinless, roasted | 60g | |
| Celeriac, peeled | 100g | |
| Mayonnaise, full fat e.g. Hellman's | 20g | |

*approximately 15g oil absorbed in cooking process and factored into nutritional content

**Method:**

1. Preheat the vegetable oil in the deep fat fryer to 160˚C.

2. Mix in a bowl the egg, **MCTprocal®** and oil to make a batter.

3. Cut the chicken into 4 equal sized pieces and add them to the batter, ensure all pieces are well covered and all the batter is used.

4. Using tongs, place each piece of chicken into the deep fat fryer individually, they will sink to the bottom of fryer and gradually rise during cooking.

5. Cook for 1½ minutes, turn each over and cook for a further 1½ minutes.

6. Using tongs, remove chicken from the fryer whilst gently shaking excess oil before placing on a baking tray in a warming drawer/warm oven whilst cooking the chips.

7. 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.

8. Lift basket out of the fryer and shake the chips to remove excess oil.

9. Serve with chicken goujons and full fat mayonnaise.

*Serving Suggestion*

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

• Add chilli or curry powder to the mayonnaise for an alternative flavour!