

# Battered Chicken Goujons



2:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 3 minutes
- **Recipe makes** 1 portion (4 goujons)

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	47.6g	41.4g LCT	
		6.2g MCT	
Protein	21.5g		
Carbohydrate	2.3g		
Energy (calories)	524kcal		



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

\*approximately 12g 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 cooked 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 serving with mayonnaise dip.



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

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

**MCTprocal is a food for special medical purposes and must be used under medical supervision.  
This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.**