

Battered Cod Goujons



2.7:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	43.8g	37.6g LCT
		6.2g MCT
Protein	13.9g	
Carbohydrate	2.3g	
Energy (calories)	459kcal	



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Ingredients	Quantity	Your recipe
Vegetable oil * for deep fat fryer	As per manufacturer's instructions	
Egg, beaten	15g	
MCTprocal [®]	10g	
Olive oil	5g	
Cod, skinless loin, raw	60g	
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 cod 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 cod into the deep fat fryer individually, they will sink to the bottom of fryer and gradually rise during cooking.
5. Cook for 2 minutes, turn each over and cook for a further 2 minutes.
6. Using tongs, remove cod from the fryer whilst gently shaking excess oil before serving with mayonnaise dip.



Always check with your dietitian what is suitable for you

- Serve with salt and vinegar

**MCTprocal is a food for special medical purposes and must be used under medical supervision.
These recipes have been specifically designed for use in a ketogenic diet.
Refer to labels for allergen and other product information.**