

# Breaded Chicken Goujons



2.3:1 ratio

- **Preparation time:** 15 minutes (excluding MKD bread roll)
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion (4 goujons)

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	61.8g	52.2g LCT
		9.6g MCT
Protein	22.9g	
Carbohydrate	4.5g	
Energy (calories)	666kcal	



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# Breaded Chicken Goujons

Ingredients	Quantity	Your recipe
Vegetable oil * for deep fat fryer	As per manufacturer's instructions	
MKD bread roll (see recipe contains <b>MCTprocal</b> )	$\frac{2}{3}$ roll (34g)	
Chicken breast, raw	60g	
<b>MCTprocal</b>	10g	
Egg, beaten	20g	
Oil	5g	
Mayonnaise, full fat e.g. Hellman's	20g	

\*approximately 21g oil absorbed in cooking process and factored into nutritional content

## Method:

1. Preheat the vegetable oil in the deep fat fryer at 160°C.
2. Blend the portion of MKD bread roll to a breadcrumb texture, add to a bowl.
3. Add **MCTprocal** into another bowl and beaten egg into a third bowl.
4. Mix the oil into the beaten egg.
5. Slice chicken into 4 pieces, dip each chicken piece into **MCTprocal**, then into the egg and oil mixture and lastly into the breadcrumbs, coating well at each step. Ensure they are well coated, and all 3 bowls are empty.
6. Using tongs, place the chicken pieces into the deep fat fryer, cook for 5 minutes.
7. Using tongs, remove chicken from the fryer whilst gently shaking excess oil before serving with mayonnaise dip.



- Add curry powder to the mayonnaise for some spice!



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

- Serve with celeriac chunky chips! (see recipe)

**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.**