

Calamari with Aioli Dip



3:1 ratio

- **Preparation time:** 5 minutes
- **Cooking time:** 4 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	35.6g	29.3g LCT
		6.3g MCT
Protein	8.2g	
Carbohydrate	3.7g	
Energy (calories)	367kcal	



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Ingredients	Quantity	Your recipe
Aioli Dip		
Garlic, crushed	3g	
Mayonnaise, full fat e.g. Hellman's	22g	
Lemon juice	1g	
Salt and black pepper	To taste	
Calamari		
Vegetable Oil* for deep fat fryer	As per manufacturer's instructions	
Egg, beaten	15g	
MCTprocal™	10g	
Squid rings, raw	30g	

* approximately 10g oil absorbed in cooking process and factored into nutritional content

Method for aioli dip:

1. In a bowl mix all the ingredients for aioli together, cover and leave to chill in the fridge until ready to serve.

Method for the calamari:

2. Preheat oil in deep fat fryer to 180°C.
3. In a bowl, mix the egg and **MCTprocal™** to make a batter.
4. Add the squid rings to the batter and mix, ensure they are well covered and all batter is used.
5. Using tongs, place each piece of squid into the deep fat fryer individually. Note: they will sink to the bottom of fryer and gradually rise during cooking.
6. Cook for 2 minutes, using the tongs turn each over and cook for a further 2 minutes.
7. Remove the calamari from the fryer whilst gently shaking excess oil before serving.
8. Serve with the chilled aioli dip.

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.