

# Courgette and Feta Croquettes



2.9:1 ratio

- **Preparation time:** 20 minutes (excluding MKD bread roll)
- **Cooking time:** 2 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe
Fat	30.3g	27.8g LCT	
		2.5g MCT	
Protein	6.7g		
Carbohydrate	3.7g		
Energy (calories)	315kcal		



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Ingredients	Quantity	Your recipe
Vegetable Oil * for deep fat fryer	As per manufacturer's instructions	
Courgette, grated	100g	
Salt	1g	
MKD bread roll (see recipe contains <b>MCTprocal™</b> )	½ roll (25g)	
Coriander, fresh, finely chopped	1g	
Mint, fresh, finely chopped	1g	
Spring onion, finely chopped	2g	
Feta cheese, grated	10g	
Garlic puree e.g. Gia	1g	

\*approximately 20g oil absorbed in cooking process and factored into nutritional content

## Method:

1. Pre- heat oil in deep fat fryer to 180°C.
2. Add courgette to colander, mix salt in and leave for 10 minutes for the salt to draw out water from courgette.
3. After 10 minutes, using a masher squeeze remainder of the water out of grated courgette (final weight 50g).
4. Blend MKD bread roll to a breadcrumb texture.
5. In a bowl mix all ingredients together with the courgette.
6. Spilt the mixture into 2 portions and shape into croquettes using hands.
7. Place into frying basket and lower into the oil, cook for 2 minutes and remove when golden brown.



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

- Try with tzatziki (see recipe)

**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 allergen and other product information.**