

# Mooli Noodles



2.4:1 ratio

- **Preparation time:** 10 minutes
- **Cooking time:** 5 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	9.2g	
Protein	0.9g	
Carbohydrate	2.9g	
Energy (calories)	98kcal	



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# Mooli Noodles

Ingredients	Quantity	Your recipe
Olive Oil	4g	
Sesame Oil	5g	
Chinese Five Spice	1g	
Mooli, peeled and spiralised	100g	

## Method:

1. Heat olive oil and sesame oil together over a high heat and add the Chinese five spice.
2. Add mooli to the pan and fry for approx. 5 minutes until it starts to brown.
3. Serve as an accompaniment to a main meal.



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

- Great as a side for many meals e.g. Thai Chicken Curry! (see recipe)



This recipe has been specifically designed for use in a ketogenic diet.  
Refer to labels for allergens and other product information.