

Tempura Prawns



1.8:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	26.2g	20g LCT	
		6.2g MCT	
Protein	12.2g		
Carbohydrate	2.5g		
Energy (calories)	295kcal		



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Ingredients	Quantity	Your recipe
Vegetable oil* for deep fat fryer	As per manufacturer's instructions	
Egg, beaten	15g	
MCTprocal™	10g	
Garlic purée e.g. Gia	1g	
Thai 7 spice e.g. Schwartz	1g	
King prawns, cooked	55g	
Mayonnaise, full fat e.g. Hellman's	10g	

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

Method:

1. Pre- heat deep fat fryer to 170°C.
2. In a bowl mix together, the egg and **MCTprocal™** and add the garlic puree and Thai 7 spice to make a batter.
3. Add prawns to the batter, ensure they are well covered and all batter is used.
4. Using tongs place each prawn 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 90 seconds.
6. Remove prawns from the fryer whilst gently shaking excess oil.
7. Serve with mayonnaise.



Always check with your dietitian what is suitable for you

- A lovely accompaniment to mooli noodles (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.**