

# Halloumi Fries



2.2:1 ratio

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

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	31.1g	24.9g LCT	
		6.3g MCT	
Protein	11.7g		
Carbohydrate	2.7g		
Energy (calories)	338kcal		



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Ingredients	Quantity	Your recipe
Vegetable oil * for deep fat fryer	As per manufacturer's instructions	
Egg, beaten	15g	
<b>MCTprocal™</b>	10g	
Halloumi	36g	

\* approximately 15g oil absorbed in cooking process and factored into nutritional content

## Method:

1. Preheat deep fat fryer to 160°C.
2. Mix in a bowl the egg and **MCTprocal™** to make a batter.
3. Cut the halloumi into 4 equal sized pieces and add them to the batter, ensure halloumi pieces are well covered and all batter is used.
4. Using tongs place each piece of halloumi 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 2 minutes.
6. Remove halloumi from the fryer whilst gently shaking excess oil before serving.



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

- Great dipped into the tzatziki dip (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 allergens and other product information.**