

Thai Crab Cakes and Celeriac Mash



1.5:1 ratio

- **Preparation time:** 25 - 30 minutes (excluding MKD bread roll)
- **Cooking time:** 20 minutes
- **Recipe makes** 1 portion

Recipe provides **approximately:**

Nutritional content	Quantity		Your recipe/MKD exchanges
Fat	59.4g	46.9g LCT	
		12.5g MCT	
Protein	33.9g		
Carbohydrate	5g		
Energy (calories)	690kcal		



Enhancing Lives Together

Thai Crab Cakes and Celeriac Mash



Ingredients	Quantity	Your recipe
Celeriac Mash		
Celeriac, peeled and chopped	100g	
K-Quik	25g	
Butter	4g	
Salt and pepper	to taste	
Crab Cakes		
MKD bread roll (see recipe, contains MCTprocal)	½ roll (25g)	
K-Quik	25g	
Chilli powder	0.5g	
Ground ginger	0.5g	
Coriander, fresh and finely chopped	2g	
Thai 7 Spice, Schwartz	1g	
White crab meat, tinned	125g (drained)	
Egg, beaten	25g	
Spring onions, finely chopped	5g	
Olive Oil	15g	
Chilli Mayo Dip		
Mayonnaise, full fat e.g. Hellman's	25g	
Chilli powder	0.5g	

Method:

1. Add celeriac to a saucepan, cover with water. On a high heat bring to a boil, reduce heat to simmer for 10-15 minutes or until soft, drain well.
2. Blend the MKD bread roll to a breadcrumb texture.
3. To make the crab cakes, mix all the crab cake ingredients except for the olive oil, until combined.
4. Divide the crab cake mixture into 2 equal portions, and using your hands shape into 2 cakes.
5. Heat oil in a frying pan over a low heat. Fry the crab cakes for 2 minutes on each side ensuring to soak up all the oil.
6. Add celeriac to a bowl with **K-Quik**, butter, salt and pepper, using a hand blender blend until a thick puréed texture.
7. Mix the mayonnaise and chilli powder together and serve with the crab cakes and mash.

Serving Suggestion

Always check with your dietitian what is suitable for you

- Use celeriac chunky chips instead of mash! (see recipe)

MCTprocal and K-Quik are foods 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.