

Nutracheck Recipe 🍷🍴

Oven Chips

Serves: 1

136 kcals

1.2 g fat

per serving



INGREDIENTS

10 sprays Frylight spray oil
175g potatoes

Cooking Instructions:

1. Pre heat oven to 220c or gas mark 7.
2. Peel potatoes and slice into chips.
3. Spray baking tray lightly with oil and place in oven for 5 minutes.
4. Blanch chips in boiling water for 5 minutes.
5. Drain potatoes well & place in a single layer onto a baking tray, turn them over so that both sides are coated in oil.
6. Bake in hottest part of oven for 35-40 minutes, turn twice during baking.