



# Homemade Oven Chips

Prep Time: 5 Minutes

Cook Time: 30 Minutes

Serves 2

We all love a good chippy from time to time. This recipe allows a guilt free indulgence. It is such a versatile dish - they could be had as a snack, for lunch or even with dinner!

## Ingredients:

250g King Edward / Maris Piper potatoes

Low calorie cooking spray



## Method:

1. Preheat the oven to 200°C. Peel the potatoes, cut into 1cm slices and then cut into 1cm strips to make chips.
2. Place the potatoes into a large bowl and rinse well with cold water.
3. Drain the water, pat dry with some kitchen towel and spray with the low-calorie cooking spray until all are covered.
4. Using a non-stick baking tray spray with the low-calorie cooking spray, then place the potatoes on here. Place into the oven for 20 minutes.
5. After 20 minutes, turn the chips over on the baking tray and spray again with the low-calorie cooking spray. Place back into the oven for a further 15-20 minutes until golden brown. Serve immediately.

## Helpful tips:

- If you fancy fatter or thinner chips than those in the recipe, adjust accordingly just make sure to also change the amount of cooking time these need.
- If you have any leftovers of these yummy chips, they can be stored in an airtight container in the fridge for up to 3 days or can be frozen. Remember to place in a suitable container for freezer with an added label indicating the date you have frozen them.
- To reheat: it can be done in the microwave - place in a microwave proof container with loosely fitting lid and heat for 4-7 minutes until piping hot. Or can be

reheated in the oven - oven at 200°C for around 10 minutes, until piping hot throughout.