

**Recipe:** Willy's fries

Side dish

*Home-baked fries sprinkled with black peppercorns and parsley flakes.*

Preparation time: 35 minutes

Cooking time: 25 minutes

Serves: 18 children

Per serving = 100 g

### Ingredients

- 2 kg potatoes
- 2 tablespoons canola oil\*
- 2 teaspoons salt
- 2 teaspoons parsley flakes
- 2 teaspoons of freshly grated black peppercorns



\* Choose products with the Healthier Choice Symbol

### Methods

1. Preheat oven to 220° C
2. Wash potatoes with a soft brush to remove all the dirt.
3. Cut potato into French fry's shape. (Optional to remove the skin.)
4. Soak the French fry in water for about 30 minutes to remove the excess starch, then remove and pat dry with paper towels.
5. Transfer the dried French fry to a plate and microwave for 4 minutes. This will help to remove excess moisture from the French fry.
6. Whilst French fry is in the microwave oven, place the baking sheet in the oven to heat it up.
7. Remove French fry from microwave and use a kitchen towel or paper towel to further remove any additional moisture.
8. Transfer the French fry to the prepared baking sheet, add oil and stir thoroughly.
9. Arrange the French fry in a single layer and place it in the oven to bake for about 20 to 25 mins.
10. During baking, turn the French fries around with a spatula a few times and rotating the baking sheet half way through, until potatoes are crisp, and edges turn golden brown.
11. Remove and sprinkle with salt, parsley flakes and freshly grated black pepper. Serve warm.

### Nutrition Information

**(Per serving): 100 g**

**Energy** 97 kcal

**Protein** 3.2 g

**Total fat** 2.3 g

**Saturated fat** 0.5 g

**Carbohydrates** 14.3 g

**Dietary fibre** 1.8 g

**Sodium** 137.4 mg

Per serve costs \$0.30

### Tips:

- Try to remove as much moisture as possible before baking to achieve crispiness.
- You can also use an air fryer to bake these French fries.