Community Integrated Care®

Healthy Fries!

CARE TO COOK

What you will need

Community Integrated Care



2 Sliced Potato



Piri Piri Seasoning



Smoked Paprika



Olive Oil



Salt and Pepper



Apron



Tupperware Box



Tinfoil



Oven Tray

Method

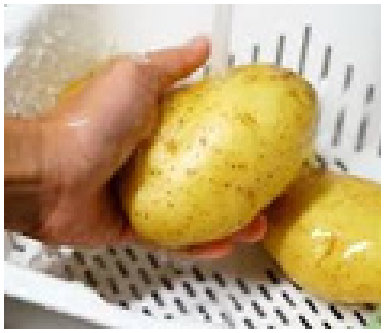
Wash your hands and put on your apron.



Preheat the oven to 200 degrees.



Wash the potatoes.



Peel the potatoes.



Cut the potatoes into thin strips or wedges.



Add the sliced potato to a tupperware box.



Drizzle with oil and sprinkle Piri Piri Seasoning and Smoked Paprika over the sliced potatoes.



Place the lid back onto the tupperware box and shake!



Place the tinfoil over the oven tray.



Add the potatoes to the oven tray making sure they are not overlapping.



Place the oven tray into the oven and cook for 30 minutes. Flip halfway through the cooking time for even browning.



Once the fries are done, remove them from the oven and let them cool slightly before serving.

