

# Deep fried hot chips

- Dairy-free
- Egg-free
- Gluten-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Soy-free
- Wheat-free
- Shellfish-free
- Seafood-free
- No added sugar
- Vegan
- Vegetarian
- High in Dietary Fibre
- 3 serve Veg or Fruit

Nothing beats a bowl of deliciously salted hot chips that have just the right amount of crispiness. These homemade ones rival those you buy at the shops!

- Serves 22
- Cooktime 10 mins 10 minutes
- Preptime 10 mins

## Ingredients

- 500g large potatoes (Crème Gold or Red Royale), peeled, cut lengthways into 1cm-thick batons
- Vegetable oil, to deep fry

## Nutritional information

Per serve: Energy: 1161kJ/278 Cals (13%), Protein: 5g (10%), Fat: 18g (26%), Sat Fat: 2g (8%), Sodium: 162mg (8%), Carb: 21g (7%), Sugar: 3g (3%), Dietary Fibre: 3g (10%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

# Method

## 1. Step 1

Place a wire rack over a baking tray.

## 2. Step 2

Bring a large saucepan of water to the boil over high heat. Add potato and return to the boil. Cook for 3 mins or until almost tender. Use a slotted spoon to transfer potato to the wire rack. Place in the fridge for 30 mins to cool completely.

## 3. Step 3

Line a baking tray with paper towel.

## 4. Step 4

Add enough oil to a medium saucepan or wok to come 10cm up the side. Heat over medium-high heat to 180°C (when the oil is ready, a cube of bread turns golden brown in 15 secs). Working in batches, add potato to the oil and cook for 3 mins or until slightly golden. Use a slotted spoon to transfer chips to lined tray. Freeze for 10 mins to cool.

## 5. Step 5

Reheat oil to 180°C. Cook chips, in batches, for about 3 mins or until golden and crisp. Drain on paper towel. Season with salt. Serve immediately.