

CHUNKY chips!

INGREDIENTS

- 4 medium-large potatoes
- 1 teaspoon vegetable oil
- 1/4 teaspoon ground chili
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic granules



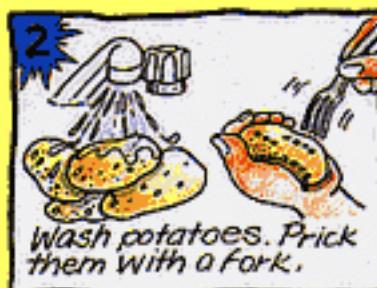
CHUNKY CHIPS!

UTENSILS

Aluminium foil, Fork, Chopping knife, Chopping Board, Oven tray,
Non-stick cooking spray, Measuring spoons



Turn oven to **200°**. Put a piece of foil on the tray and coat with spray.



Wash potatoes. Prick them with a fork.



Microwave potatoes on **HIGH** 8-10 minutes (until tender but not soft).



Cut potatoes lengthwise into wedges or chips.



Arrange chips on tray. Brush chips with the oil.



Sprinkle chips with the spices. Bake on **TOP** oven shelf 45 minutes or until crispy.

POTATO PANCAKES!

INGREDIENTS

- 2 large potatoes
- 1 medium carrot
- 1 small onion
- 1 egg
- sprinkle of pepper
- 2 teaspoons vegetable oil



POTATO PANCAKES!

UTENSILS

Grater, Large mixing bowl, Fork, Cup, Mixing spoons, Large frypan, Egg slice, Pastry brush, Measuring spoons



POTATO Pizza

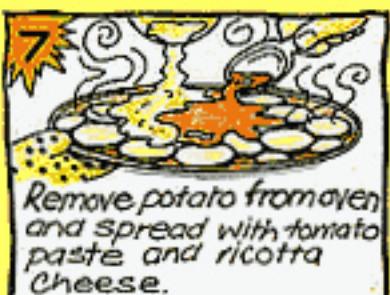
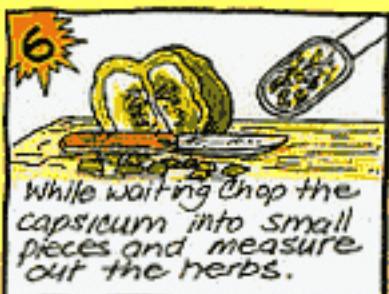
INGREDIENTS

- 2 medium potatoes
- 3 tablespoons tomato paste
- 100g ricotta cheese
- 1 tablespoon grated parmesan cheese
- 1/2 capsicum (green or yellow)
- 1 tablespoon mixed dried herbs



UTENSILS

Chopping Board and knife, Pizza tray or round oven-proof dish, Measuring spoons, Non-stick cooking spray



stuffed SPUDS!

INGREDIENTS

- 4 large potatoes
- 100g fresh mushrooms
- 1/2 green capsicum
- 2 tablespoons low-fat plain yogurt
- 2 teaspoons dried herbs
- 1/2 tomato



STUFFED SPUDS

UTENSILS

Microwave oven, 2 bowls, Chopping knife, Fork, Spoon, Potato masher, Plate, Measuring cups and spoons



Wash potatoes and pierce several times with a skewer or fork.



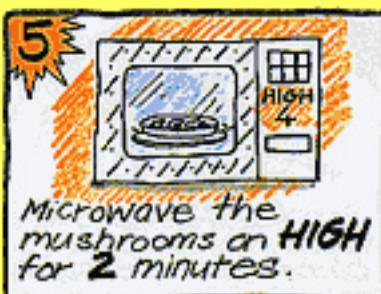
Microwave on HIGH for 12 minutes. Allow to stand for 5 minutes.



Cut the potatoes in half. Scoop out the cooked flesh.



Slice the mushrooms thinly. Chop capsicum into small pieces.



Microwave the mushrooms on HIGH for 2 minutes.



Mash the scooped out potato flesh in a bowl.



Mix in yogurt, cooked mushroom, capsicum and herbs.



Pile potato mixture back into potato skins. Smooth the top into a nice round shape.



Place a slice of tomato on top.



Reheat in microwave for 6 minutes.

Zucchini & Potato Burgers

INGREDIENTS

- 2 medium potatoes
- 1 zucchini
- 1 egg
- Chives
- 1 sprig parsley
- 1 cup instant oats
- 2 tablespoons barbecue sauce



POTATO & ZUCCHINI BURGERS

UTENSILS

Mixing bowl, Grater, Potato masher, Oven tray, Vegetable peeler, Chopping board and knife, Non-stick cooking spray, Egg whisk or fork, Measuring cups and spoons



Turn the oven to 180°C.
Lightly coat tray with spray.



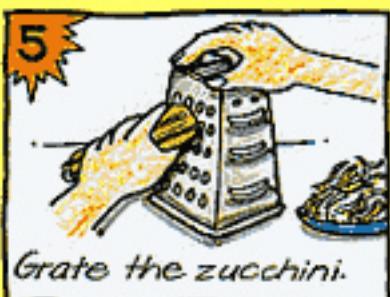
Peel potatoes and
chop into pieces.



Steam or microwave
potatoes for 8 minutes
or until cooked.



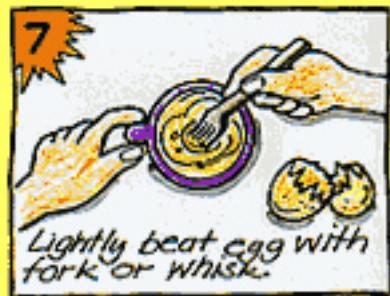
Mash potatoes until
smooth.



Grate the zucchini.



Chop the chives and
parsley (or measure
1 teaspoon of each (dried)).



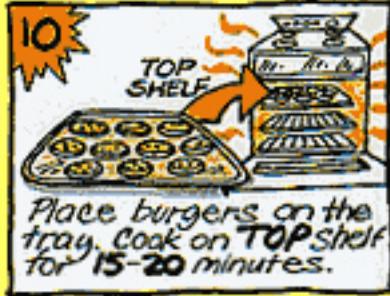
Lightly beat egg with
fork or whisk.



Add all ingredients to the
potato. Mix well.



Shape mixture into
10 burgers.



Place burgers on the
tray. Cook on TOP shelf
for 15-20 minutes.