

# CHUNKY chips!

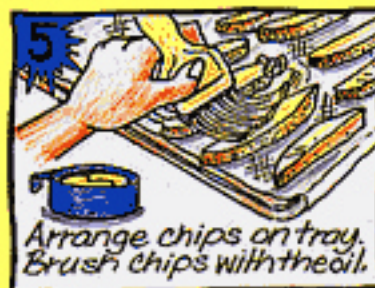
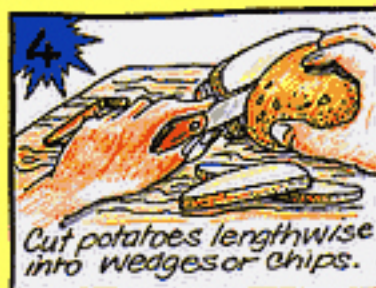
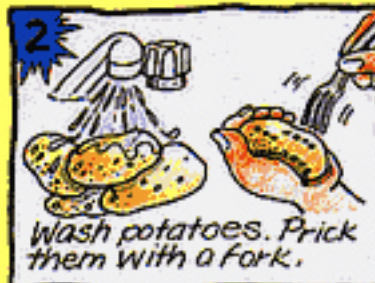
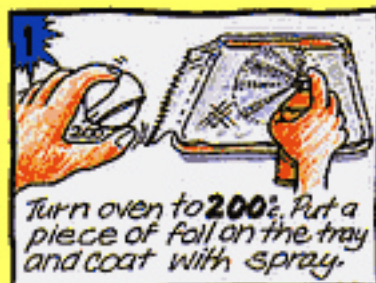
## INGREDIENTS

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



## UTENSILS

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



# POTATO PANCAKES!

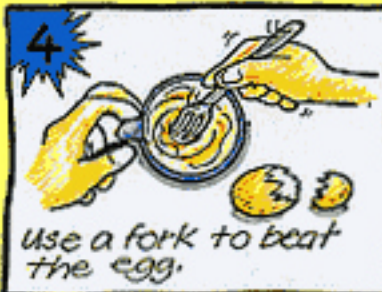
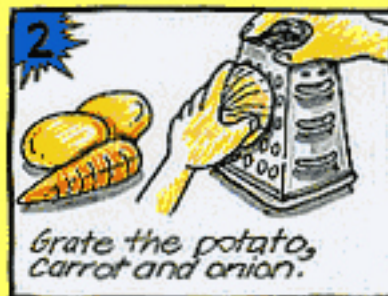
## INGREDIENTS

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



## UTENSILS

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



# POTATO Pizza

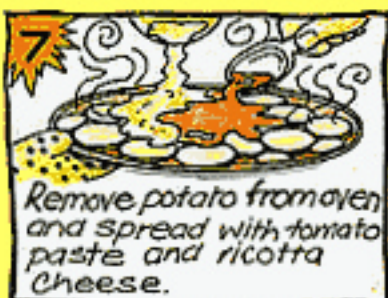
## INGREDIENTS

- 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!

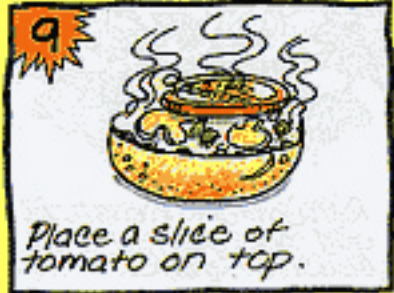
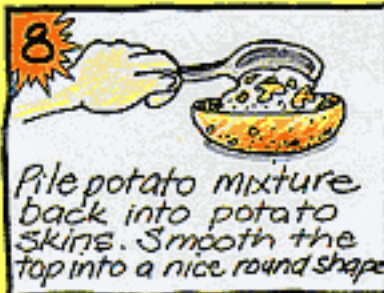
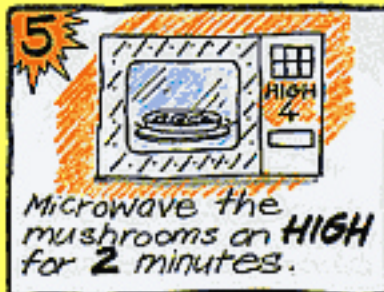
## INGREDIENTS

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



## UTENSILS

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



# Zucchini & Potato Burgers

## INGREDIENTS

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



## 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

