

Vegetable Chips

DFV

Serves	6	Per serve	
Prep time	10 minutes	Carbs	4.2 g
Cook time	20-25 minutes	Protein	0.9 g
Difficulty	●●●	Fat	4.7 g
		Energy	65 Cal

INGREDIENTS

1 parsnip, cut into 1 cm chips
1 carrot, cut into 1 cm chips
½ celeriac (optional), cut into 1 cm chips
2 tbsp olive oil

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper.

Place the chips on the prepared baking tray, drizzle with the olive oil and season with plenty of salt and freshly ground black pepper. Toss to coat evenly. Roast for 20-25 minutes, turning the chips over once or twice, until crispy and golden brown.

Halloumi Chips

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Serves	4	Per serve	
Prep time	3 minutes	Carbs	1.3 g
Cook time	10-20 minutes	Protein	14.4 g
Difficulty	●●●	Fat	16.8 g
		Energy	212 Cal

INGREDIENTS

250 g halloumi, cut into 5 mm slices
1 tsp olive oil (optional)

METHOD

Pre-heat the oven to 180°C fan (200°C regular). Line an oven tray with baking paper.

Lay the halloumi slices out on the baking tray and bake for 18-20 minutes until crispy.

Alternatively, cook them over a medium-low heat in a non-stick frying pan with a little olive oil for 5 minutes on each side.

