

COLDPRESSED

## THE GOOD VEGGIE CHIPS

# the Good Oil



### Ingredients:

1 large Carrot  
1 large Parsnip  
1 Beetroot  
1 Red Kumara  
The Good Oil  
Salt & Pepper

### Method:

Preheat oven to 220 C and line an oven tray with baking paper.

Cut potatoes into 1cm-thick chips.

Toss on prepared tray with a good drizzle of The Good Oil until well coated. Season with salt and pepper.

Bake for 35–45 minutes, or until golden and crispy. Turn once during cooking. Cook time will depend on the strength of your oven.

50% LESS  
SATURATED FAT  
THAN OLIVE OIL

IDEAL FOR FRYING,  
ROASTING, DRESSING  
AND BAKING

GROWN  
AND PRESSED IN  
NEW ZEALAND