

Create Beta Potato Crisps

— with Chef Sophie Budd —



malin

Budd Loves



Spuds

See other side
for recipe

Creating crispy goodness with delicious Malin

Creamy flesh and a creamy skin with a pretty pink birthmark, these boutique variety spuds are perfect to:



Bake



Boil



Mash

Ingredients:

- 2 large Malin Potatoes
- Rice bran oil
- Salt and fresh rosemary



Always Growing

Method:

Wash potatoes first then thinly slice them on the mandolin. Deep fry in rice bran oil at 180°C. Fry in batches until crispy then drain on tissue paper. Sprinkle with chopped fresh rosemary mixed with salt.

buy
west
eat
best

WA grown and produced, Beta Spuds are surprisingly healthy with virtually no fat, far less carbs than you think and more nutrients, vitamins and minerals than many superfoods. You can enjoy this recipe and many more without the guilt!

Learn more at
betaspuds.com.au