

Crunchy Potato Peels

Season: Year round

From the garden: Potatoes

Type: Snack

Difficulty: Easy

Serves: 4 adult serves or 12 small tastes

Equipment

- Potato peeler
- Measuring spoons
- Roasting dish

Ingredients

- 4-5 potatoes
- 2 teaspoons olive oil
- 2 teaspoons seasonings - see note
- 1/2 teaspoon salt

How to make it:

1. Preheat the oven to 200C.
2. Wash and peel the potatoes. Keep the potatoes for another recipe.
3. Put the potato peels into the roasting dish.
4. Pour over 1 teaspoon of oil. Sprinkle with seasonings and salt.
5. Use your hands to rub the oil and seasonings into the peels.
6. Roast in the oven for 10-15 minutes until crispy.
Kia tūpato/ Caution! – Hot! Ask an adult to help you with this.
7. Watch closely so they don't burn.

Skills:

Peel, roast.



Gluten Free - check spices

Dairy free

Egg free

Notes:

- Use any seasonings for the peelings that you like. You could try chilli powder, garlic powder and cumin, or very finely chopped rosemary and ground coriander, curry powder, or smoked paprika and herbs.
- To get crispier peelings, turn off the fan bake setting on your oven.

Root to Tip Food Waste Tips - vegetable peelings are an undereaten superfood. The peelings often contain a lot of the vegetable's vitamins. If you scrub your vegetables well there is no need to peel for many recipes. We have inherited the practice of peeling vegetables from the finesse of formal French cooking, but also to get rid of pesticides on our vegetables. Knowing how your vegetables have been grown will help you decide if you need to peel.