

## **Fakeaway Salt & Pepper chips (air fryer)**

Craving a takeaway? There's nothing more delicious & comforting than a Chinese takeaway on a Friday night, especially as the days get darker & colder. Save money & opt for a healthier choice without compromising on taste with this home-made version of the Chinese takeaway classic, salt & pepper chips.

We've chosen to use fresh potatoes rather than frozen oven chips (although frozen chips would do fine!), due to the health benefits. Serve these alongside your favourite "fakeaway" dishes such as egg fried rice, chow mein, or stir fry.

*Serves: approx 4*

### **Ingredients:**

500g potatoes (leave the skin on as it is packed with fibre)

Tsbsp veg oil

1 small onion, cut into chunks

3 cloves of garlic, thinly chopped

1 pepper (Classically green is used, but any will do the trick)

1-3 birdseye chillis, sliced (you can miss this out if you don't enjoy spice)

2 spring onions, roughly chopped

### *Spice mix:*

1 tsp Chinese 5 spice

½ tsp white pepper

½ tsp salt

1 tsp white sugar

1. Leaving the skin on, chop the potatoes into chip shapes. Drizzle with cooking oil, & season with the spice mix, toss to ensure they're evenly coated.
2. Put the chips into the basket of the air fryer & cook at 180c for 15 mins.
3. Take the chips out & give them a good toss. Add the onion, garlic, pepper & chillis (if using).

4. Cook for a further 15 mins, until golden brown. Serve whilst still hot, I like this best with curry sauce!