

Vegetable Peeling Crisps

Serves 6



Ingredients (allergens in bold)

- a big heap of peelings from washed and dried vegetables like potatoes, sweet potatoes, parsnips, beetroot and carrots
- 1-2 tbsp olive oil or rapeseed oil
- freshly ground black pepper
- pinch of salt

Other flavourings you can add include:

- chilli powder or chilli flakes
- smoked paprika
- garam masala
- garlic powder
- few drops of soy sauce or balsamic vinegar
- finely grated lemon zest
- sesame seeds

Method

1. Heat the oven to 200°C / Gas 6.
2. Place the vegetable peelings on kitchen paper and blot them dry then put them into a mixing bowl.
3. Drizzle the oil over the vegetable peelings and sprinkle on the pepper, salt and any other seasoning you're using. Toss everything together with your hands to coat evenly.
4. Arrange the vegetable peelings in a single layer on a baking tray.
5. Roast in the oven for 20-30 minutes, turning them with a fish slice halfway through cooking. They are ready when they're golden brown, so keep checking and don't let them burn.



Equipment

- Vegetable peeler
- Chopping board
- Mixing bowl
- Baking tray
- Fish slice or spatula

Recipe notes and tips

- This is a great way to use up the part of the vegetables that are often thrown away.
- Make sure the veg are thoroughly washed and dried before peeling them.
- Crisps can be made from very thin slices of the vegetables, not just peelings.