



Salt & Pepper Chips Recipe!



Key Information

Time to Prepare: **15 minutes**

Time to Cook: **35 minutes**

Skill Level: **Easy**

How Many Servings: **4**

Calories: 300kcal	Salt: 1.5g
Carbs: 55g	Saturates: 1g
Protein: 5g	Sugars: 6g
Fat: 10g	

Gluten Free **Dairy Free**

Vegetarian/Vegan **Egg Free**

Ingredients

- 1 packet of chips/fries/wedges of your choice
- 4 tablespoons of vegetable oil
- 1 red chilli pepper
- 1 green pepper
- 1 red pepper
- 1 small onion
- 3 spring onions
- A dash of KMC Salt & Pepper Seasoning

Recommended Shopping List

- KMC Salt & Pepper Seasoning Mix 250g - £6
- ASDA Vegetable Oil 1L - £1.09
- Morrisons Red Chillies - 50p
- Tesco Green Peppers Each Class 1 - 45p
- Tesco Red Peppers Each Class 1 - 45p
- ASDA Grower's Selection Brown Onions - 60p
- ASDA Grower's Selection Spring Onions - 40p

How To



Pre-heat Oven

Pre-heat your oven to the temperature specified on the packaging of your chosen chips, fries or wedges – usually, it will be about Gas Mark 7/220C.



Oil the Tray

Apply a few tablespoons of vegetable oil to a baking tray to prevent the chips from sticking.



Place the Chips

Spread the chips evenly on the baking tray and cover with our Salt & Pepper Seasoning, mixing in with your fingers.



Cook Away!

Leave the chips to cook for the specified time, making sure to turn them halfway through.



Prepare Toppings

Chop the chilli, peppers, onion, and spring onions into fine pieces.



Fry Toppings

Fry the chopped ingredients in an oiled pan on medium heat for several minutes until golden brown.



Combine and Season

Add the cooked chips to the pan with another dash of salt and pepper seasoning and toss to combine all the ingredients.



Enjoy!

Serve and enjoy your very own homemade Chinese salt and pepper chips recipe!

Tips & Variations

- Chop the main ingredients beforehand to save you time and store them in the fridge for a few hours or the freezer if longer.
- Use cooking spray and an air fryer for a healthier version with less fat and calories.
- Before cooking, mix the peppers and onions in a bowl so that the flavours blend together, creating a tastier result.
- Use chunky chips, not skinny fries, to get the most out of this delicious recipe.
- Salt and pepper chips are best served immediately as a fresh meal rather than frozen.
- For an extra kick, add a hot sauce such as peri peri, curry or chilli or some grated cheese.
- Serve alongside a Chinese meal for the ultimate fakeaway treat that you deserve!

Rating: ★★★★★

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