

Polenta chips



Serves
4

Ingredients

- 50g polenta
- 200ml reduced salt chicken or vegetable stock, or water
- 1 tbsp Parmesan cheese (optional)
- 2 tbsp sunflower oil

Method

1. Bring the stock to a boil in a saucepan and add the polenta in a steady stream. Cook, stirring continuously, for 5 minutes (take care as polenta bubbles furiously).
2. Take off the heat and stir in the parmesan (if using).
3. Spoon the mixture onto the tray and flatten into a large rectangular shape, about 5-10 mm thick (depending on how thick you want your chips!) using the back of the wooden spoon. Leave to cool for 10-15 minutes.
4. Add the chips to a baking tray and brush with oil. Bake in the oven on a medium heat (180°C) for 15 minutes until golden brown. Alternatively, shallow fry the chips in oil, frying lightly and evenly on all 4 sides. Serve hot and enjoy!



Nutritional Information (per portion)

Energy (kcal)	78
Protein (g)	3.8
Potassium (mg/mmol)	71/1.8
Phosphorus (mg/mmol)	36/1.2
Sodium (mg/mmol)	166/7.1