

**BRISTOL
INDEPENDENTS**
keep our high streets alive

breakfast traps • paninis • buffets

**KEN'S
PLAICE**

TOP QUALITY SCOTCH WHISKY
**LOCAL PORK, LAMB
& FRESH CHICKEN**
ALSO LOCAL TROUT IN SEASON
HOME COOKED MEATS
HOME-MADE FABBOS
CLARK'S PIES
BBQ MEATS



City Centre
Via Malago
Greenway



**休息
CLOSED**

Gup Kate's

Bishopsworth root veg chips

Serves 6

Ingredients

For the vegetable chips

100g potatoes

100g sweet potatoes

100g parsnips

1 tablespoon of olive oil

For the dip:

100g cream cheese

or for a low fat alternative,

mix half-and-half with yoghurt

½ tablespoon tomato puree

½ tablespoon whole milk

1 teaspoon chopped chives

Method

Preheat the oven to 200°C/400°F/Gas mark 6. Scrub all the vegetables well. Cut the potatoes and sweet potatoes onto wedges, and the parsnips into quarters lengthways.

Put all the vegetables into a bowl, then toss with olive oil, and seasoning. Empty on to a baking tray and arrange in a single layer. Bake for 30 minutes, turning once or twice. The wedges are cooked when the potatoes are tender and golden.

To make the dip, simply mix all the ingredients together well. Serve with the vegetable chips when they are done.

Bear in mind that thick chips absorb less fat than thin cut chips. You can also blot the cooked chips with kitchen paper to remove more of the oil.

Enjoy the root veg chips on their own or serve with something from Dave John Family Butcher.

Where you could buy the ingredients B R Stone Greengrocer, Estate Stores and other convenience shops.