



POLENTA CHIPS (SERVES 6)

INGREDIENTS:

- 500ml vegetable stock
- 250g polenta
- 50g cheese of your choice (grated)
- herbs/spices to your liking
- salt and pepper to taste

INSTRUCTIONS:

- Bring the vegetable stock up to the boil.
- Quickly pour the polenta into the stock, stir quickly and continuously to avoid lumps forming.
- reduce the heat and continue to stir the mixture.
- After 2 minutes add in your herbs/spices and then cook for another 3 minutes.
- remove from the heat and add the cheese and mix well.
- Pour into a shallow oven dish and spread out to a thickness of 1.5 inches. Allow to cool and set a little.
- Cut into chunky chips size pieces.
- Airfryer on 200c for 15 minutes, no need for additional oil.

190 cal 5g P 34g C 5g F