



The Oesophageal
Patients Association
Caring for the cancer patient & their family

Home-made chips

Ingredients

1 medium potato per person
Olive Oil
Kitchen paper
Tomato Sauce
Salt



Method

If using organic potatoes, just wash and chop.

Fry in enough olive oil to half cover the chips.

Keep turning until they are golden brown.

Drain on kitchen paper.

Serve with tomato sauce – home-made or bottled.

