

Potato twists with salsa

Ingredients

100g Pure potato twists

Salsa

225g/8oz tomatoes, de-seeded

225g/8oz fresh ripe fruit – melon, mango, papaya, pineapple, peach

1 red onion, peeled and finely chopped **or** 4 spring onions, trimmed and sliced

Large bunch fresh coriander, roughly chopped

1 lemon, zest and juice (or two limes)

Preparation method

1. Chop the tomatoes and fruit into the same sized chunks - about ½cm/¼in.
2. Mix in a large bowl with the rest of the ingredients. Leave to stand for 30 minutes to let all the flavours merge.
3. For the potato twists heat the vegetable oil until hot (virtually smoking/min 210°C) in a saucepan or use a deep fat fryer.
4. Add about 20g of twists at a time and cook for a maximum of 4-5 seconds. The twists will sink to the bottom of the pan/fryer and then bob up when cooked.
5. Use a slotted spoon to remove them from the oil (or use the basket in your fryer) and drain on kitchen paper. Transfer to a suitable serving dish and enjoy with the delicious dip.



15 minutes

Preparation time

4-5 seconds

Cooking time

Serves 4-5

By: Innovative and BBC Food

These twists make a fantastic snack and you can even bag them and put the dip in a sealable pot for picnics or lunchboxes. If you like hot salsa then try adding finely sliced/diced jalapeño pepper to the mix.

Notes 