

Chips Casca de Cenoura

Carrot Peel Chips



Ingredientes . *Ingredients*

- 260 g. cascas cenoura (cascas compridas) . *260 grams carrot peel (long peel)*
- 1 colher sopa azeite a gosto . *1 tablespoon olive oil*
- 1 colher chá de sal . *1 teaspoon salt*
- Pimenta a gosto . *Pepper to taste*
- Cominhos a gosto . *Cumin to taste*

Preparação . *Preparation*

- Pré-aqueça o forno a 220 °C;
Preheat the oven to 220°C;
- Disponha as cascas num recipiente comprido e tempere-as com o azeite, o sal e um pouco de pimenta e de cominhos;
Place the shells in a large bowl and season them with olive oil, salt and a little pepper and cumin;
- Passe-as para um tabuleiro forrado com papel vegetal e leve ao forno por 10 minutos;
Put them on a baking tray lined with baking paper and bake in the oven for 10 minutes;
- Vá retirando as que forem ficando crocantes.
Remove as many as you can as they become crispy.

REDUCE YOUR
FOODPRINT

by
NEYA HOTELS

