



Crispy Baked
CURLING
Fries

From the kitchen of **Davida Kugelmass**
thehealthymaven.com

Inspired by *Curling* (2010)



Crispy Baked Curling Fries

Davida Kugelmass's Curly Fries

Ingredients

2 large white potatoes,
washed & dried
1 tbsp olive oil
1 tsp sea salt

Optional: 2 tbsp chopped,
fresh herbs i.e., rosemary or
thyme (sprinkle over fries in
between baking before you
place them back in the oven
for final 8 to 10 minutes)

Method

- 1 Preheat oven to 400°F.
- 2 Spiralize potatoes using the blade with the larger triangles. Using scissors or a knife cut the potato "strings" into smaller bite-sized fries. Add to a bowl and coat with olive oil.
- 3 Spread out fries over two parchment-lined baking trays. You will need to use two trays to avoid over crowding the potatoes. Sprinkle with sea salt. Place trays in oven and bake for 15 minutes.
- 4 Remove from oven, flip fries as best as you can removing any fries that have already crisped up. Swap positioning of trays before returning them to the oven so that the fries cook evenly.
- 5 Bake for another 8 to 10 minutes. Remove trays and serve hot.