



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.

Project 002 Part b – Air Fryer Chips

Ingredients

- 600g white potatoes (e.g. Maris Piper or Rooster)
- Olive or rapeseed oil
- Garlic powder or smoked paprika (optional)
- Black pepper

Directions

1. Peel (or scrub) and cut potatoes into fries. Rinse and soak in cold water for 30 mins to remove excess starch.
2. Pat dry thoroughly. Toss with oil and seasoning.
3. Preheat to 190°C. Cook for 20–25 mins, shaking halfway, until golden and crisp.

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