FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Crispy Paprika Smashed Potatoes



Serves	Prep Time	Cooking	Total Time	Calories
4 people	**10 minutes + optional chilling**	**25-30 minutes**	**35-40 minutes + optional chilling**	**180 kcal**

Stuff that's in it:

• 750G Baby Potatoes ((Maris Piper Or King Edward)

• 1 Tbsp Olive Oil

• 1 Tsp Salt

• 1/2 Tsp Black Pepper

• 1 Tsp Garlic Granuals

• 1/2 Tsp Onion Granuals

• Pinch Chilli Flakes

• Squeeze Fresh Lime Juice (To Finish)

What you do:

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Boil the potatoes in salted water for around 12–15 minutes until just tender. Drain well and allow them to steam dry fully.

Cool completely (or chill ahead of time — ideal for prepping before a demo). This step helps them crisp up better and creates resistant starch.

Preheat the oven to 220˚C fan / 240˚C conventional / gas 9 and place a large roasting tray inside to heat up.

Gently press each potato until flattened but still intact.

Carefully remove the hot tray from the oven, add the oil, then place the potatoes onto the tray. Turn to coat lightly, then space them out so they're not touching.

Roast for 25–30 minutes, turning once halfway through, until deep golden and crisp on the edges.

Sprinkle over the smoked paprika, garlic granules, onion granules, salt, pepper and chilli flakes while hot, tossing to coat evenly.

Finish with a squeeze of lime juice (or a splash of vinegar) just before serving.

Serves: 4

Can batch cook

Freezer friendly (best reheated in the oven for crispness)

Vegetarian

Gluten free

Nutrition

• Carbs: 28g

• Fat: 7g

• Protein: 4g

• Fibre: 3g

• Saturated Fat: 1g

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