

Fieldco

GROWING GOODNESS SINCE 1976

RED KUMARA
FRIES





NEW ZEALAND KUMARA FRIES

These 13mm kumara chips make for a quick and versatile additional side dish to the menu. To retain maximum taste and flavour in each chip, they are **steam-cooked** prior to being free-flow frozen.

- ✓ Healthy carbs
- ✓ Gluten Free
- ✓ Perfect for Breakfast and Brunch menus

100% LOCAL
New Zealand Grown and packed

Cooking Instructions:

Roast: Preheat your oven to 180C. Drizzle the fries with oil and place in the oven for 30 minutes, turning regularly.

Airfry: Place the frozen kumara fries in the airfryer. Add 1 tbsp olive oil p/500g. Cook for 20 minutes, depending on your airfryer settings, or until golden and crispy. Sprinkle with salt and enjoy with a side of aioli.

Deepfry: Heat the oil to 180C. Fry the chips for 8-9 minutes or until slightly golden and crispy. Remove and shake off excess oil.



Product description

Kumara Fries

13mm steam-cooked New Zealand Kumara Fries

Pack size

2kg bag or 5kg bag

Units per Carton

6x2kg p/carton

2x5kg p/carton

Barcode Number

2kg: 9421905763219

5kg: 9421905763004

Ingredients

Kumara, antioxidant (E223, sulphites).

Contains sulphites.

Storage

Store frozen at or below -18°C. Cook from frozen.

Product of New Zealand.

Nutritional Information

Servings per pack: 20
Serving size: 100g

Average Quantity	per serving	per 100g
Energy	305kJ	305kJ
Protein	1.25g	1.25g
Fat	0.2g	0.2g
- saturated	0.06g	0.06g
Carbohydrate	18.8g	18.8g
- sugars	5.2g	5.2g
Sodium	27mg	27mg