



Breadfruit Chips



Serving
40 Pieces



Prep
20 Minutes



Cook
40 Minutes



Contributor
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- 1 Fully matured breadfruit
- ½ cup Curry powder
- 2 tsp Salt
- 2 tbsp or drizzle Olive oil

DIETITIAN'S MESSAGE

Breadfruit chips make for a nice, filling snack as breadfruit is a starchy food rich in carbohydrate and fibre, providing a good source of energy. They are very versatile, as they go well with virtually any dip.

1. Preheat oven to 350° F.
2. Peel and cut breadfruit into wedges (approx. ¼ inch thickness).
3. Place in boiling water for about 8 minutes to soften.
4. Remove from water and season with curry powder and salt and olive oil. Mix well.
5. Bake in oven for about 15 minutes (flipping halfway through) or until golden brown.

Serve by itself or with desired dip.

Variation

Traditionally, breadfruit wedges are fried in oil (e.g., 1.5 cups canola oil can be used) after seasoning with curry powder and salt. The wedges are left in the oil for 2 minutes on each side or until golden brown, and then can be placed on paper towels to remove excess oil.



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