

QUICK FROZEN FOR A GREAT FRESH TASTE

*Kumara splitz and
fries now cooked
in cholesterol-free
pure vegetable oil.*

**MR.
CHIPS**

NEW ZEALAND SWEET POTATO

NEW

KUMARA SPLITZ. THE GOURMET WEDGE.



Now cooked in pure
cholesterol-free
vegetable oil.
Same great taste...

HERE'S A FEW IDEAS TO GET YOUR CREATIVE JUICES FLOWING

- Kumara Splitz are great to pop in a casserole.
- Roast them with peppers and onion... delicious!
- Drizzle roasted Kumara Splitz with olive oil, balsamic and flavour with honey, ginger and garlic.
- Kumara Splitz go extremely well with sweetish meats such as chicken or pork.
- Create a dish using Kumara Splitz with a combination of banana, apricot or apple.

- Specially prepared for commercial kitchens.
- Thickly cut with the skins left on.
- High visual appeal and quality.
- Ready for chefs to add their own special gourmet touch.

SERVING SUGGESTIONS
Recipes courtesy of www.vegetables.co.nz

recipe: kumara banana salad
at www.kumara.co.nz/foodservice

recipe: kumara beetroot & mushrooms
at www.kumara.co.nz/foodservice



ORIGINAL KUMARA FRIES. SKIN ON/SKIN OFF. YOUR CHOICE.

Mr Chips Original Kumara Fries are the tried and true genuine fry you know and trust. Some like them with skins on and some with skins off, so we prepare our fries both ways to keep your customers satisfied.

Here at Mr Chips we source our kumara only from growers who provide us with perfect sized product. This enables us to prepare and pack fries and splitz of a consistent size and shape.

Our plant scans, washes, cuts and pre-cooks kumara, packs and quick-freezes within one highly automated process.

COOKING CHOICES

Our kumara fries and splitz can be deep fried, shallow fried or baked, delivering the same great taste. The choice is yours depending on your cooking style and preference. One thing you can be sure of, with Mr Chips you get consistent quality.



CONVENIENT 6 PACK BOXES
Quick-frozen food service boxes
containing 6 x 2kg bags.

recipe: kumara splitz extraordinaire
at www.kumara.co.nz/foodservice

recipe: mustard, orange, kumara splitz and potato
at www.kumara.co.nz/foodservice

MR CHIPS

KUMARA SPLITZ AND FRIES

WHAT'S IN A KUMARA?

- Kumara is a rich source of antioxidants.
- Kumara is among the top 3 food sources of potassium.
- Kumara has a low Glycaemic Index (G.I.) rating.
- Kumara is virtually fat and cholesterol free and is very low in sodium.
- Kumara is high in fibre... especially the skins.
- Kumara is a good source of vitamin A and C.
- Kumara has a subtle sweet flavour.

NUTRITION INFORMATION

SERVING SIZE: 100g

ENERGY	930kj	(220 Cal)
PROTEIN	1.7g	
FAT - total	6.0g	
-saturated	0.5g	
CARBOHYDRATE	40g	
SUGAR	3.9g	
SODIUM	300mg	



GREAT NEW KUMARA RECIPES AT www.kumara.co.nz

CONTACT MR CHIPS FOR YOUR NEAREST FOOD SERVICE SUPPLIER OF KUMARA SPLITZ AND FRIES
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