

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](http://www.vegetables.co.nz)

recipe: kumara banana salad  
at [www.kumara.co.nz/foodservice](http://www.kumara.co.nz/foodservice)

recipe: kumara beetroot & mushrooms  
at [www.kumara.co.nz/foodservice](http://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](http://www.kumara.co.nz/foodservice)

recipe: mustard, orange, kumara splitz and potato  
at [www.kumara.co.nz/foodservice](http://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](http://www.kumara.co.nz)

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