



Hela Spice Singapore Pte Ltd

Pumpkin Fries with Ketchup Dips



Ingredients	Quantity
For Pumpkin Fries:	
Pumpkin	1 & ½ Cup
Hela Mesquite Chicken Seasoning Mix	2 Tbsp
Oil	2 Tbsp
Cornstarch	3/4 Cup
For Ketchup Dip:	
Hela Martha Original or Mild Ketchup	3 Tbsp
Mayonnaise	2 Tbsp

Instructions

1. Peel the pumpkin skin and remove seeds. Slice the pumpkin into desired fries shape. In the large bowl of water, soak the fries for 30 minutes.
2. Preheat the oven to 220C for 15 minutes. Drain the fries and pat dry with paper towels.
3. Place the fries and cornstarch into a large ziplock bag, seal it and toss until the cornstarch evenly coats the fries.
4. Transfer coated fries to large bowl, drizzle with oil, and sprinkle the seasoning. Toss them until evenly coated.
5. Line a tray with baking sheet and spread the fries out evenly.
6. Bake fries for 10-15 minutes, flipping once halfway until golden brown. Combined Hela Martha Ketchup of your choice with mayonnaise in a condiment bowl.
7. Remove the fries from the oven, and let it cool slightly. Serve with Hela Martha Ketchup dip and enjoy!

The formulation in this table is to the best of our knowledge and reflects our interpretation of in-house generated recipe. Since government regulations vary from region to region, we cannot guarantee that all the products are in accordance with the regulations of the various countries. Further examination of existing laws is advised.

This recipe does not intend to be a comprehensive reference document and we encourage the user to carry out stability and performance tests in their final application to determine suitability.