

# Potato Sticks

## Ingredients

- 2 medium size potato
- NOOR Canola
- 1 cup sour cream
- 1/4 cup mayonnaise
- Juice of 1 lemon
- 1/4 cup Peas
- Salt/ black pepper

## Instructions (Up to 20-30 Mins)

- Boil the potato
- Drain the water and mash the potatoes.
- Chop the parsley and add it to the mashed potatoes. Mix well.
- Add potato starch, rice flour, and cheese to the mashed potato mixture. Mix well.
- Divide the mixture into portions. Roll each portion into a stick shape.
- Fry the potato sticks until golden brown.

## Nutritional Values

- **Calories: 300-400 kcal**
- **Protein: 3-6g**
- **Fat: 15-25g**
- **Carbohydrates: 30-40g**

Nutritional values are estimates and can vary significantly depending on factors such as ingredient brands, portion sizes, and cooking methods.