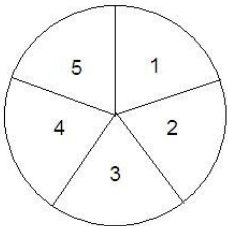


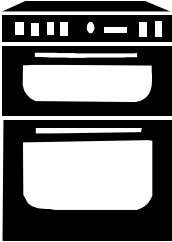
Homemade Wedges

Serves 4

Portions of fruit & vegetables per serving: 0



Oven needed



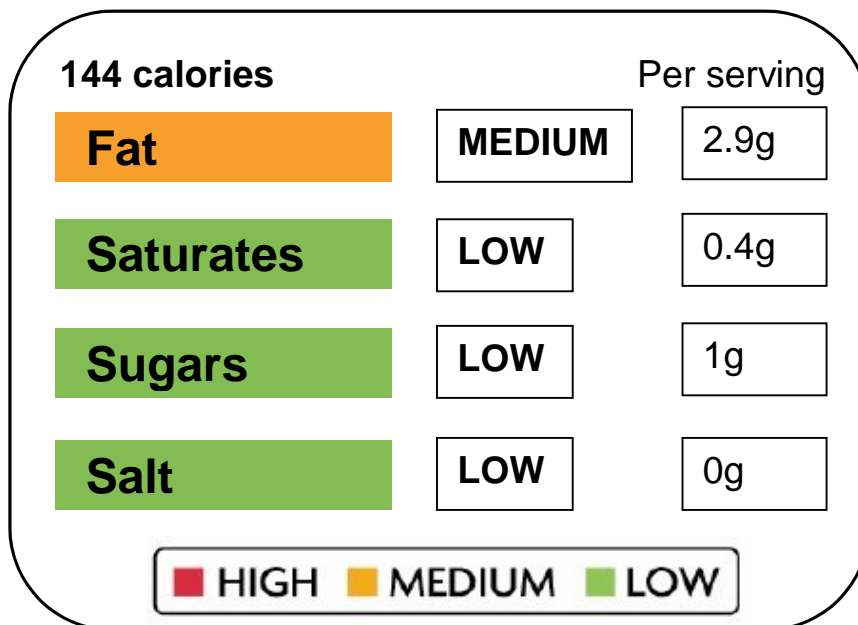
Ingredients	Amount	Preparation
potatoes	4 baking size	scrub (leave skin on) and cut into wedge shapes
vegetable oil	1 tablespoon	
black pepper	1 teaspoon	
ground cumin	2 teaspoons	
paprika	2 teaspoons	
mixed dried herbs	1 teaspoon	
garlic	2 cloves	crushed

Please Turn Over



Method

- 1 Heat the oven to gas mark 6/200°C/400°F.
- 2 Place the prepared potatoes in a saucepan and cover with cold water. Slowly bring to the boil and simmer for 2-4 minutes.
- 3 While the potatoes are simmering, pour the vegetable oil onto a large baking tray and place the tray in the oven to heat.
- 4 Meanwhile, combine all the herbs and spices in a bowl.
- 5 Drain the potatoes in a colander and put onto the tray with the hot oil in. Turn the potatoes to coat in the oil and sprinkle with the spicy mixture.
- 6 Place in the oven and cook for approx 30-40 minutes until brown and crisp.
- 7 Serve as a delicious side dish.



Handy Hints

- Try using other seasonings or spices e.g. chilli powder, Cajun seasoning.
- Potato wedges make a great tasty and healthy alternative to chips.

