

# Spicy potato wedges

Serves 6



A much healthier option than chips, these potatoes are good served with curries or Chilli Con Carne.

## Ingredients (allergens in bold)

- 4 medium-sized baking potatoes
- 2 tablespoons olive oil
- 2 teaspoons curry powder
- 2 teaspoons ground cumin
- ½ tablespoon chilli powder – optional
- freshly ground black pepper

## Method

1. Scrub the potatoes and rinse under cold water. Pat dry.
2. Cut the potatoes into wedges by cutting the potato in half length-ways then cutting each half into 3 or 4 equal segments.
3. Place the potato wedges in a pan of boiling water and simmer for 8 minutes. This is called par-boiling. Drain the potatoes then return to the pan.
4. In a small bowl, mix the dry ingredients with the olive oil to make a paste.
5. Pour the spice mixture onto the par-boiled potatoes and mix gently to coat the potatoes thoroughly.
6. Heat the oven to 200°C/Gas 6.
7. Spread the potatoes in a single layer on a baking tray.
8. Bake for 25 - 30 minutes, or until the potatoes are golden. Test with a fork to see if the potatoes are soft inside. Serve hot.



## Equipment

- chopping board
- sharp knife
- saucepan
- colander
- small bowl
- tablespoon
- teaspoon
- baking tray
- fork

## Recipe notes and tips

- Smoked paprika is an alternative spice that can be used to give a Spanish or Mexican flavour.
- Good served with dips.
- Wedges can be prepared up to point 5 in the method, open-frozen then transferred to a freezer bag to store for up to 3 months. Cook from frozen following points 6&7 but increasing cooking time to 40-45 minutes.