



POTATO WEDGES

Season:	Year round
From the garden:	Potatoes, herbs
Type:	Side dish / main
Difficulty:	easy
Serves:	30 tastes
Source:	Adapted from: <i>Di Swann - Food in a minute</i>

Equipment

- Knife
- Chopping board
- Oven tray
- Baking paper
- Tongs / spatula
- Potato scrubber

Ingredients

- * At least 10 large potatoes
- * Any fresh herbs you like from the garden
- * 2 Tbsp coconut oil (liquified) or olive oil
- * Salt and pepper

Method

(A) - Adult assistance required

1. Pre-heat oven to 200. If using coconut oil, fill sink with hot water and place the jar of coconut oil in it so that the oil can liquify and pour easily.
2. Thoroughly wash and scrub the potatoes but don't peel them. Cut into wedges (not too thick - about 1 cm) and place into a roasting dish that has been lined with baking paper.
3. Wash and chop any garden herbs that you like. Set aside.
4. Add wedges to the baking tray and season with salt and pepper.
5. Drizzle with oil and toss so that the oil covers the wedges.
6. Roast for about 12 minutes, then **(A)** remove from oven and toss the herbs through the wedges with tongs or a spatula.
7. Roast for a further 12-15 minutes or until golden and tender.

Notes:

We add the herbs half way through the cooking process so that they don't burn.

Serve with a dip such as salsa, sour cream, aioli or hummus