

Roasted Lemon and Herb Potato Wedges

These wedges are a quick and healthy alternative to chips. The lemon gives them a lovely zesty fresh taste but there are many variations to make these a tasty accompaniment to most dishes.



Nutritional information per portion (182g):

Energy	Fat	Saturates	Sugars	Salt
1004kJ 239kcal 12%	2.8g 4%	0.4g 2%	13.0g 14%	0.10g 2%

of an adult's reference intake.
Typical values per 100g: energy 552kJ/131kcal.

Equipment

Chopping board
Sharp knife
Colander
Clean tea towel
Zester
Medium bowl or medium zip seal bag
Measuring spoons
Wooden spoon
Baking tray
Oven gloves
Pan stand

Ingredients

Serves 4

4 medium baking / sweet potatoes OR 2 large plantains
1 small lemon (zest only)
Small bunch (10g) fresh mixed herbs (parsley, chives and thyme) OR 1 x 5ml spoon mixed dried herbs
2 x 5ml spoons olive OR vegetable oil

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Leave the skin on the potatoes for added fibre and flavour.

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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6 (if cooking straightaway).
2. Wash the potatoes and pat dry. Cut each potato into 8 equal-sized wedges or peel the plantains and chop into chunks.
3. Grate the zest from the lemon and wash and finely chop the fresh herbs (if using).
4. Mix the oil, lemon zest and 2 x 5ml spoons chopped herbs or the dried herbs in the bowl.
5. Add the potato wedges and mix until evenly coated or massage the wedges in the zip seal bag so that they get coated in the mixture.
6. Arrange the wedges on the baking tray so that they do not overlap (or take home in the zip seal bag, refrigerate and cook within 4 hours).
7. Bake in the middle of the oven for 30 minutes, turning the wedges halfway through cooking to avoid burning.

Something to try next time

- Add 6 cloves of unpeeled garlic to the roasting tin to add flavour.
- Add 1 finely sliced red chilli or ½ x 5ml spoon of chilli flakes or 1 x 5ml spoon of paprika at step 4.
- Mix 1 sliced fried onion with the wedges before serving.
- Chop carrots or butternut squash (ensure the pieces are all the same size) and cook with the potato wedges.

Prepare now, eat later

- Potato wedges are best eaten straightaway – if taking home to cook, refrigerate and bake within 4 hours.

Skills used include:

Washing, measuring, grating, mixing/combining and roasting.