

## Roast Potato Wedges

**Homemade Roast Potato Wedges** are a healthier alternative to chips. They taste great and you can add lots of different flavours. Try these as a side dish to Brilliant Burgers, dipped in Barbecue Tomato Sauce or Cheese and Chive Dip (all these recipes can be found on our website).



Nutritional information per portion (131g):

Energy 1088kJ 257kcal 13%	Fat 7.9g 11%	Saturates 1.1g 6%	Sugars 10g 12%	Salt 0.04g 1%
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of an adult's reference intake.  
Typical values per 100g: energy 831kJ/196kcal.

### Equipment

Baking sheet  
Baking parchment  
Colander  
Clean tea towel  
Chopping board  
Sharp knife  
Medium bowl  
Measuring spoons  
Wooden spoon  
Oven gloves  
Pan stand

### Ingredients

**Serves 2 as a side dish**

1 large baking potato  
1 x 15ml spoon olive oil  
1 x 15ml spoon honey  
1 x 5ml spoon paprika  
1 x 5ml spoon thyme  
(fresh or dried)

\*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

- Put all the ingredients in a large container with a lid or plastic bag and shake to coat the wedges evenly.

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## Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the baking parchment on the baking sheet.
3. Wash the potato and pat dry with a clean tea towel.
4. Cut the unpeeled potato into 8–12 equal-sized wedges.
5. Mix the oil and honey in the bowl.
6. Add the potato wedges and mix until evenly coated.
7. Sprinkle the paprika and thyme over the potatoes and mix well.
8. Arrange the wedges on the baking sheet so that they do not overlap.
9. Bake in the middle of the oven for 50 minutes, turning the wedges half-way through cooking to avoid burning.

## Something to try next time

- Make the wedges from a large sweet potato instead for a great taste and vitamin A boost.
- Try replacing the honey with the juice from half a lemon for a great taste.
- Go oriental by adding 1 x 15ml spoon of soy sauce and a 15ml spoon of sesame seeds to your wedges instead of the paprika and thyme. (Check for anyone with allergies if using sesame seeds or soy.)

## Prepare now, eat later

- Cut the potatoes into wedges 2–3 hours in advance and store covered in cold water in the fridge to avoid browning. Drain and dry well before using.
- To save time, parboil the potatoes by covering them with cold water and bringing to the boil for 5 minutes. Drain and cool before storing in the fridge for up to 2 days. Parboiling will stop the potatoes from discolouring.

### Skills used include:

Washing, measuring, chopping, mixing/combining, spreading and roasting.