healthy kids healthy kids healthy



Potato wedges

These potato wedges are a great side for an easy meal.

	Time to prepare: 15 minutes	Time to cook: 30 minutes	C	Serves 4
V	Suitable for vegetarians			

Ingredients

- 4 potatoes, cut into wedges
- 2 tablespoons oil

Method

- 1. Heat oven to 225°C.
- 2. In a large bowl mix together the potato wedges and oil.
- 3. Spread evenly on a low sided roasting tray.
- 4. Bake for approximately 30 minutes or until crispy and golden brown.
- 5. Season with salt and pepper.

Notes

You might also like...



5 easy ways with potatoes

Potatoes can be mashed, boiled, baked, steamed or microwaved, and are tasty in salads, added to a curry or soup, or as the topping of a pie.

Try these recipes for inspiration:

(/eat/articles/5-easy-ways-potatoes)



Potato salad with creamy avocado dressing

Potato salads are a great dish to take to a bbq or picnic. This salad is a different and tasty way to serve potatoes.

(/eat/recipes/potato-salad-creamy-avocado-dressing)



Filled potato skins

A tasty after-school snack or lunch. Use any combination of your favourite fillings. We have shared our favourites, but get creative and invent your own!

(/eat/recipes/filled-potato-skins)

