

Recipe
13

Serves
4

Potato Wedges



Ingredients

4 large potatoes
1x15ml spoon (1 Tablespoon) oil
seasonings (e.g. pepper, garlic, chilli)

Equipment

Chopping board, measuring spoon,
plastic sandwich bag or mixing bowl,
baking tray and knife.

Method

1. Preheat the oven to 200°C or Gas Mark 6.
2. Cut the potatoes into wedges.
3. Place the wedges into a plastic sandwich bag or bowl.
4. Add the oil and other seasonings.
5. Shake or mix the wedges to cover them in the oil.
6. Place on a baking tray and bake for 20-30 minutes.

Nutrition Information

Potato Wedges	per 100g	per recipe	per portion ($\frac{1}{4}$ recipe)
Energy (kJ)	356	4326	1082
Energy (kcal)	85	1034	258
Protein (g)	2.1	25.2	2.1
Fat (g)	1.4	17.4	1.4
of which saturates (g)	0.1	1.8	0.2
Carbohydrate (g)	17.0	206.4	17.2
of which sugars (g)	0.6	7.2	0.6
Fibre (g)	1.3	15.6	1.3
Sodium (mg)	7	84	7
Salt (g)	0.0	0.2	0.0

Notes

Key Messages

Healthy eating

- Cut the potato wedges thicker so the surface area of the potatoes is reduced and less fat is absorbed.
- Use a spray oil.

Money

- Compare the prices of different oils, blended oils are cheaper than some seed or nut oils.
- Use the chilli flakes or garlic powder to add flavour. Use what you need and store the remainder for future use.

Food safety

- Scrub the potatoes to remove soil.