

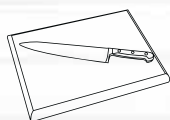
Fiery Wedges



Ingredients

- 3 large potatoes
- 1 x 10ml spoon oil
- pinch of ground black pepper
- pinch of chilli flakes

Equipment



Method

1. Preheat the oven to 200°C or gas mark 6.
2. Cut the potatoes into 8 long strips – or wedges – each.
3. Place the wedges in the mixing bowl.
4. Add the oil, black pepper and the chilli flakes.
5. Using the metal spoon, stir the wedges round the bowl till they are covered in oil.
6. Place on the baking tray and bake for 20-30 minutes, until the wedges are golden on the outside and soft in the middle.

Top Tips

Use sweet potatoes, or a mixture, for a tasty alternative.

Change the spices: instead of chilli, try paprika, fresh herbs or even a spoonful of pesto.

Wedges make great party nibbles – served with salsa or a yogurt dip.

How about wedges that are home-grown as well as home-made? Spuds grow nicely in a bucket or a tub.

Skills

Using a knife



Using the oven

