

Herby/Sweet Potato Wedges

Prep time: 15 minutes Cooking time: 40 minutes



Ingredients

Herby wedges

1 medium potato, per adult, (½ potato per child) unpeeled and cut into wedges
 1 tablespoon sunflower oil
 1 teaspoon dried mixed herbs or spices to flavour eg. chilli powder
 1 heaped tablespoon tomato puree (optional)

Sweet potato wedges

1 medium sweet potato per adult, (½ potato per child) unpeeled and cut into wedges
 1 tablespoon sunflower oil



Method. Pre heat oven to 200°C/Gas Mark 6

You can make wedges using lots of different vegetables, including parsnips and butternut squash

Herby Potato Wedges

- Mix the oil, herbs and puree in a bowl
- Coat the wedges in the oil mix
- Spread on a baking tray
- Bake in the oven for 30-40 minutes, turning half way through cooking

Sweet Potato Wedges

- Toss the sweet potatoes in the oil
- Spread on a baking tray
- Bake for 30 minutes, turning half way through cooking time

Tip!

Cut them chunky and keep the skin on for maximum goodness



See snacks and light bites or main meals sections for meal ideas