

# Potato wedges

Simple to cook and delicious to eat, you can make these wedges as spicy as you like.



Serves: 4

Time: 30 minutes

## Ingredients

- 4 large potatoes
- 1 tablespoon oil
- Seasonings (for example, pepper, garlic, chilli)

## Method

1. Preheat the oven to 200°C/180°C/gas mark 6.
2. Cut the potatoes into thick wedges.
3. Toss the wedges with the oil and chosen seasonings.
4. Place the wedges on a baking tray and bake in the oven for 20-30 minutes, until golden brown and crispy.

## Nutritional Information

Each serving provides	Amount in grams
Energy	1458 kilojoules/345 kilocalories
Fat	3.6
Saturates	0.58
Sugar	3.4
Salt	0.09

Typical values per 100g: Energy 389kJ/92kilocalories.

The nutritional information stated above is based on each serving of Potato Wedges and excludes accompaniments.

Read more on our [Healthy recipes page](#).