

# Potatoes



## Available

All year round.

## Buy

With no cuts, bruises, green patches or shoots.

## Store

In a well-ventilated, cool, dark place.

## Prepare



Wash to remove the soil.



Peel the potato.



Chopped into quarters.



Slice into wedges.

## Cook

Can be:



Boiled



Mashed



Wedges



Baked with beans



# Potato wedges

(serves 4)

## Ingredients

4 potatoes, skins on,  
cut into wedges  
2 tablespoons oil  
Pinch of salt  
Pepper

## Method



Heat oven to 225°C. In a large bowl mix together the potato wedges and oil.



Spread evenly on a low sided roasting tray. Bake for approximately 30 minutes or until crispy and golden brown.



Season with salt and pepper.



Serve with chilli beans and cheese.

For more easy, fast and affordable food ideas visit [healthykids.org.nz/eat/recipes](http://healthykids.org.nz/eat/recipes), [vegetables.co.nz](http://vegetables.co.nz) or [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)



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