

## Speedy Healthy jacket wedges.



This is a quick recipe and produces as many wedges as you require by increasing the number of potatoes used.

### Ingredients

- Medium to small Potatoes (see note 1)
- Seasoning , herbs or spices (See note 2)
- Spray oil or oil for brushing

# Method

## Note 1

Any potatoes will do for this recipe but keeping the same size will enable equal cooking in the first stage , In addition to this try to use a good quality potato, it does make a difference to flavour , I use Maris piper which are much more readily available these days and not too expensive.

## Note 2

You can use any combination of herbs or spices for these wedges, Piri piri , Cajun or curry would be great but you can use any spice blends you may have in your household. Again you can use any combination of herbs that you prefer with a little bit of sea salt and ground black pepper they will taste great.

**Ok let's go**, take the number of potatoes that you want to use, put them on a plate and cling film over whilst piercing it several times.

Microwave until they are cooked through, (about 1 min per potato) remove the cling film and allow to cool for 5 minutes.

Cut the potatoes into wedges to the size you prefer and lay them on a baking sheet.

Spray the potatoes or brush lightly with oil evenly.

Season with a little salt and then sprinkle over with the spice or herbs of choice.

Bake for 15 - 20 mins in a fairly hot oven (160oc gas 3) use the middle shelf to start with and move them up nearer the end to give them some colour if required.

**By pre-cooking the potatoes in a microwave maintains their moisture and stops the skins being tough!**

**All these recipes have been put together for the children of  
Downside Primary school.**