Wedges with tomato salsa

Ingredients
Serves 2

Wedges
2 potatoes, washed and sliced into wedges
1 tablespoon oil

Tomato salsa
2 tomatoes, cored and diced
½ spring onion, finely sliced
pepper to taste
1 teaspoon sweet chilli sauce

Method

Wedges
1. Preheat oven to 225°C.
2. Place potatoes in a roasting pan and mix with oil to coat.
3. Bake in preheated oven for 25-35 minutes or until golden brown and crunchy. Turn several times during cooking.
4. Remove roasting pan from oven and use tongs to place wedges in a serving dish.

Tomato salsa
1. Place all ingredients in a bowl and stir to mix. Serve with wedges.

Variation
• Use other root vegetables, such as kūmara and taro in place of potatoes.

Serving suggestion
• Serve with salad and roast chicken.

Nutrition
• This recipe is a healthy alternative to takeaway hot chips.
• Eating whole grain foods and starchy vegetables gives you fuel for energy, dietary fibre, vitamins and minerals. These foods contain carbohydrate which helps you to concentrate, learn and keep active.
• Peeling potatoes and kūmara can reduce the amount of dietary fibre, vitamins and minerals in them. Leave the skins on wherever possible.

Equipment

- Bowl and spoon
- Cutting board and knife
- Measuring spoons
- Roasting pan
- Tongs

Preparation and cooking skills
Dice, mix, roast, slice.