

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.