

Spiced Wedges

SMH ACTIVITY HUB



Ingredients

- Potatoes of choice x3-4 large
- Salt & Pepper
- Rosemary
- Garlic Powder x1.5 Tbsp
- Cayenne Pepper x1 tsp
- Smoked Paprika x1 Tbsp
- Olive oil/Vegetable Oil



Equipment

- Large bowl/Pot
- Chopping Board
- Chopping Knife
- Tablespoon
- Peeler
- Baking Tray
- Teaspoon



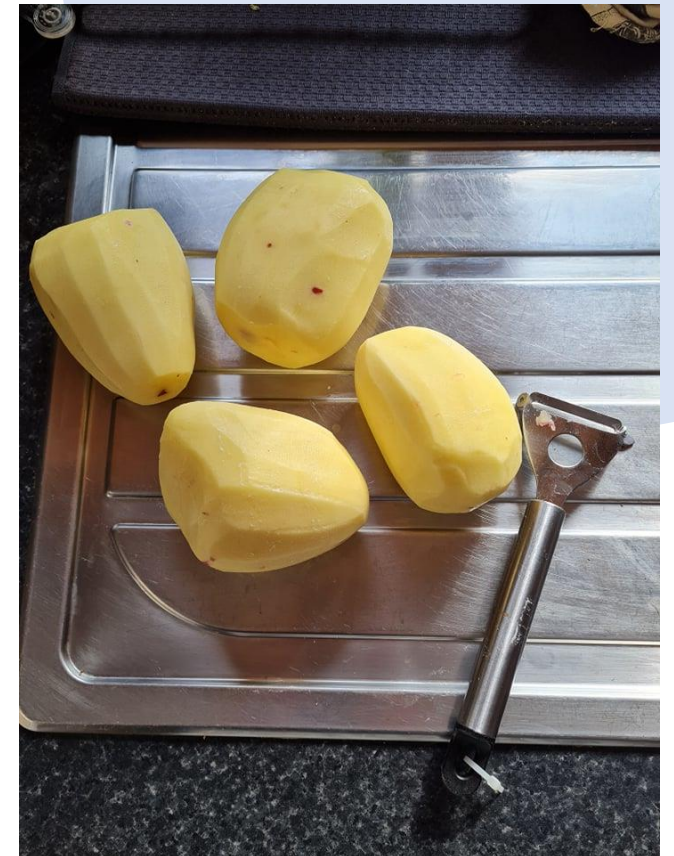
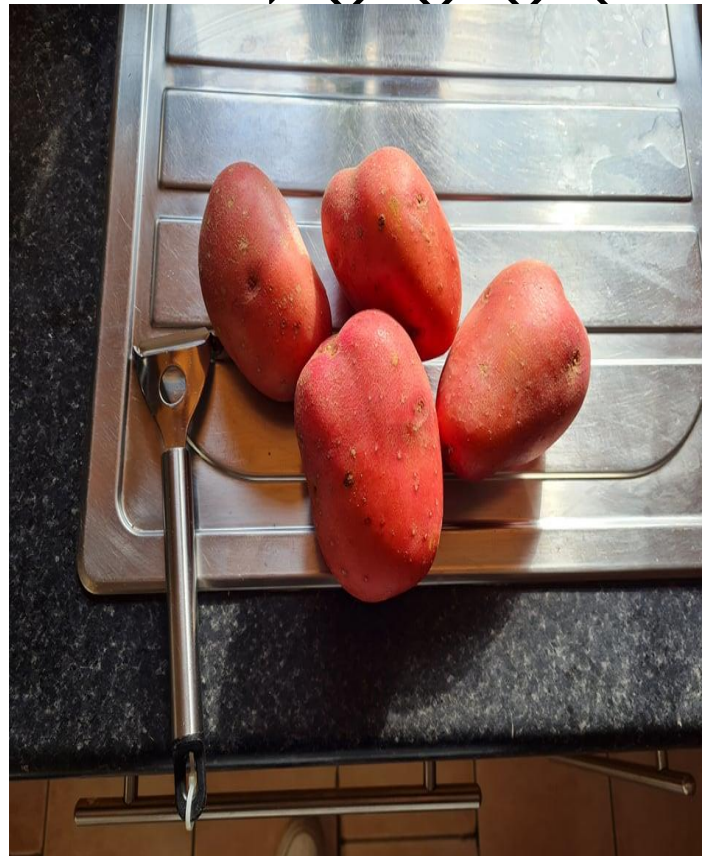
Before we start

Preheat your oven to
180degrees fan



STEP 1

Peel 3-4 Large Potatoes

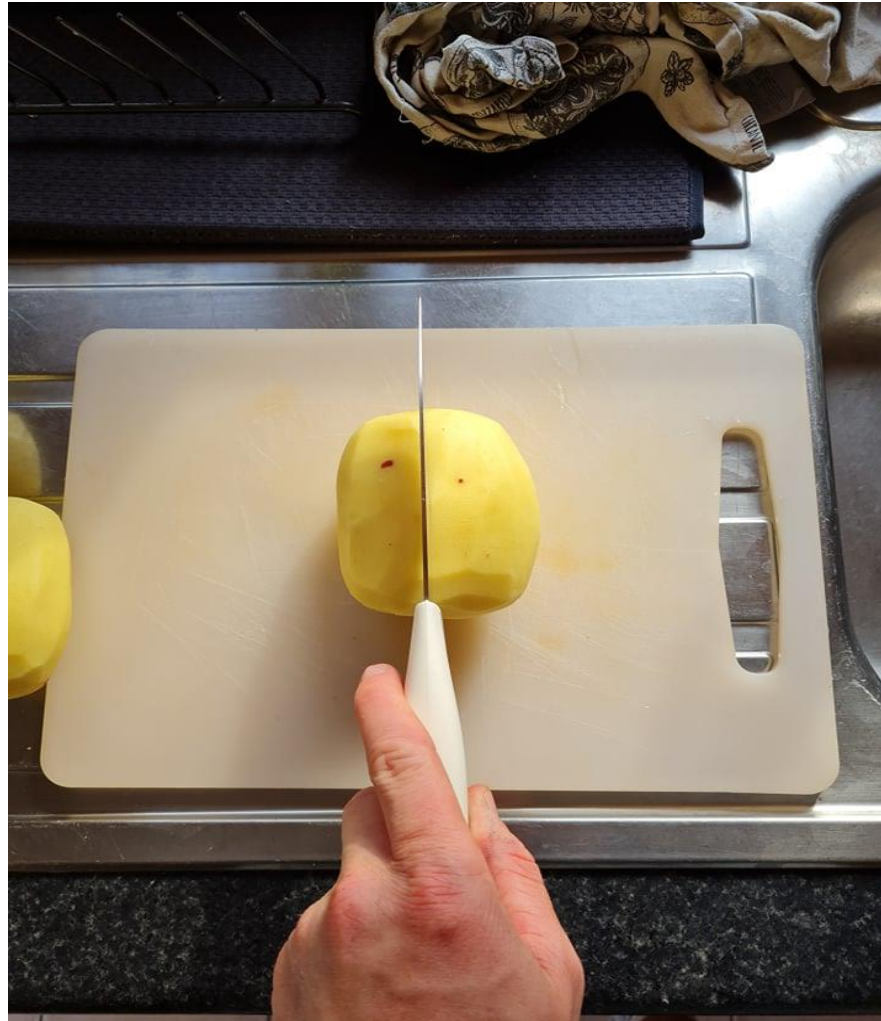


STEP 2

Cut each potato in half

Be careful handling sharp objects, ask for help if needed

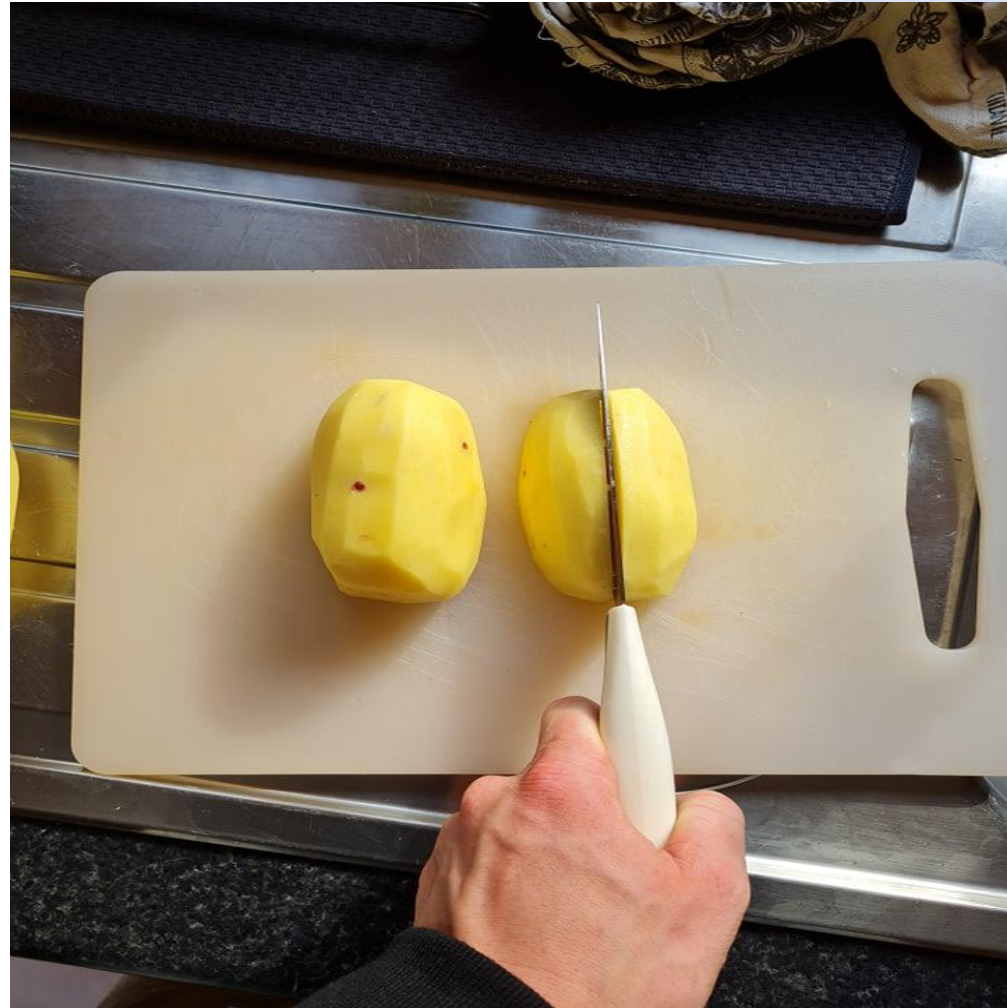
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STEP 3

Cut potato into halves again

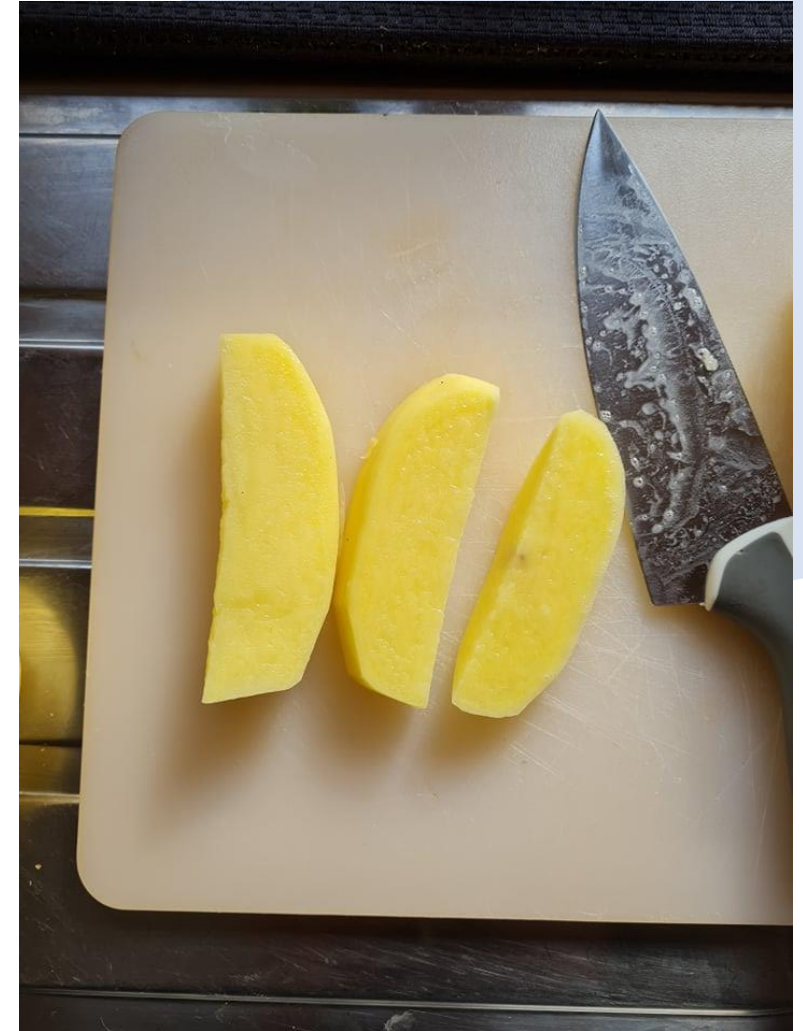
Be careful handling sharp objects, ask for help if needed



STEP 4

Cut into 3 even wedge like shape's

Be careful handling sharp objects, ask for help if needed



STEP 5

Wash and dry your potato wedges



STEP 6

Add to baking tray with foil



STEP 7

Add x1 Tablespoon of Paprika
to wedges (try spread evenly)



STEP 8

Add 1.5 Tablespoon of garlic powder to wedges



STEP 9

Add 1/2 teaspoon of cayenne pepper
Or 1 teaspoon if you like spicy wedges



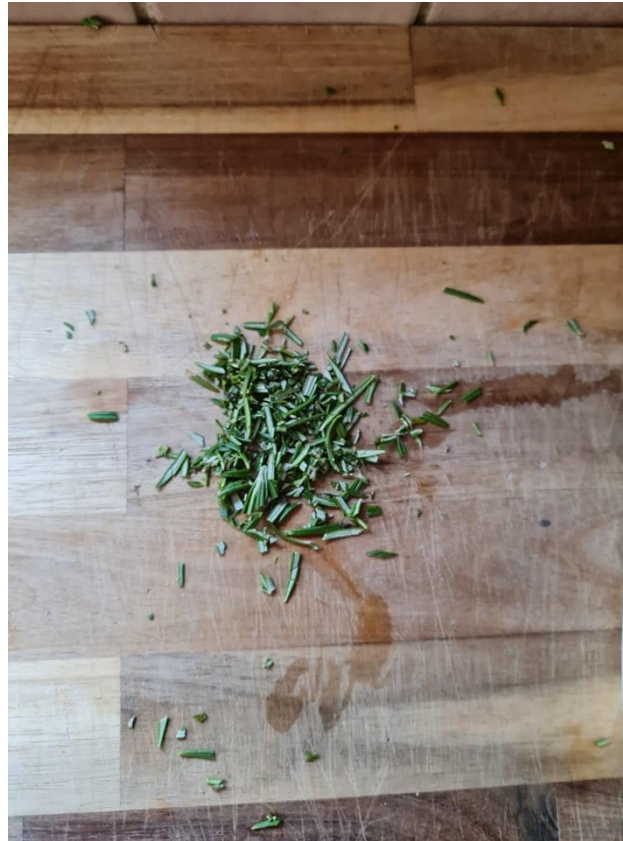
STEP 10

Should look like this !



STEP 11

Add rosemary or dried rosemary (1 tablespoon)



STEP 12

Season with salt and pepper (x1 teaspoon mixed)



STEP 13



Drizzle in vegetable oil and mix until coated evenly (use gloves)



STEP 15

Cook in oven for 40-45minutes



STEP 16

Remove from oven , allow to cool and enjoy with sauce of choice

