

Fiery Wedges

<https://www.youtube.com/watch?v=aLZoW19pTHM>

Allergens in **BOLD**

Recipe	Equipment
500g Potatoes	Chopping Board
2tbs Oil	Knife
1tsp Salt	Teaspoon
2tsp Cajun Spice	Baking Tray
½ tsp Chilli Flakes (optional)	Parchment
Black Pepper	Plastic Bag for the spice bag
Garlic (optional)	

Method
1. Put on the oven Gas 6 200°C, wash and dettox the bench
2. Make a spice bag. Add oil and spices in a plastic bag, mix
3. Peel potatoes if you wish, otherwise wash them.
4. Use the bridge technique to slice the potato into wedges
5. Leave for ½ an hour to marinade
6. Roast for 30 minutes at 200°C until crispy
7. Serve with salsa, sour cream, ketchup or mayonnaise