

Cajun Spiced Potato Wedges

Makes approx. 35 fritters

Equipment:

Chopping board
Knife
Large bowl
Large saucepan
Measuring cups and spoons

Ingredients:

4 potatoes, unpeeled
1 lemon cut into 6 wedges
12 garlic cloves
3 red onions, cut into 8 wedges
4 bay leaves
3 tbs tomato puree
Salt and pepper
1 tsp paprika
½ tsp cayenne pepper
1 tsp dried oregano
1 tsp dried thyme
½ tsp ground cumin
6 tbsp extra virgin olive oil

What to do:

1. Preheat the oven to 200°C. Cut the potatoes into thick wedges. Cook in a large saucepan of salted boiling water for 3 minutes, drain well, and place in a large roasting tin with the lemon, garlic, red onions and bay leaves.
2. Whisk together the remaining ingredients with 6 tablespoons of water and pour evenly over the potatoes. Toss well to coat.
3. Roast for 20 - 30 minutes, or until the potatoes are tender and the liquid has been absorbed. Gently and frequently turn the potatoes during cooking. Serve hot.