



# TURBO WEDGES



## Ingredients:

1. 500g potato (I use the scubbed ones but any will do. 500g is around 4 medium sized potatoes, pick potatoes about the same size)
2. 10 g vegetable oil (2 tsp)
3. 2g salt (¼ tsp)
4. 20g vegetable oil (4 tsp)
5. 20g Seasoning (3 heaped tsp) – I used chicken kebab seasoning but you could use anything

## Method:

1. Pre-heat oven to 220°C
2. Wash potatoes with a scrubbing brush or scourer under water
3. Cut potatoes in half, then into wedges—4 or 5 wedges from each half of potato
4. Put wedges into a big bowl, add 10g oil and salt, and mix
5. Cover with cling film or lid
6. Microwave on high for 5 minutes (1200w)
7. While potato is in microwave, preheat large frypan (pref. with metal handle) on high with 20g oil
8. Drain wedges after microwave and tip in frypan
9. Fry wedges each side until brown (about 2 min per side)
10. After wedges are browned, sprinkle with seasoning and mix up in pan.
11. Put frypan (with metal handle) into oven for about ten minutes
12. When cooked, drain on absorbent paper and serve

**BEWARE OF HOT PAN HANDLE** – Use oven mit and remember the handle will stay HOT for a long time