

Sweet Potato Wedges

Equipment needed: Large sharp knife, teaspoon, garlic crusher, mixing bowl, baking tray lined with greaseproof paper

Ingredients:

1 sweet potato

1 tbs olive oil

½ tsp chopped rosemary

½ tsp paprika

Salt and pepper

2 cloves garlic

½ tsp mixed herbs or dried oregano

Method

1. Ask an adult to help- especially as cutting the sweet potato is hard.
2. Preheat the oven to 180C
3. Wash the sweet potato, but keep the skin on
4. Slice in half lengthways
5. Slice into quarters, and then carefully, each quarter into half.
So, one potato produces 8 slices
6. In a small bowl, mix the olive oil, chopped up rosemary, and paprika. Add salt and pepper. Add half of the wedges.
7. Coat the sweet potato wedges in the mixture.
8. In another bowl, add olive oil, crushed garlic cloves, and mixed herbs. Add the remaining wedges.
9. Place on a baking sheet, and bake for 30 minutes.