

Spicy roasted potato wedges with avocado dip



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Preparation: about 25 minutes

Cooking: about 55 minutes

Serves: 4

1 kg large Sebago or King Edward potatoes

2 tbs olive oil

2 tsp tabasco sauce

1 tsp ground cumin

1 tsp ground coriander

2 tbs lime juice

Reduced fat light sour cream, to serve

Avocado dip

2 medium ripe avocados

2 tbs lime juice

Salt and ground black pepper

1. Preheat oven to 220°C/200°C fan-forced. Line 2 baking trays with baking paper. Scrub potatoes and cut lengthways into 1-2cm thick wedges. Place onto a clean tea towel and pat dry.
2. Combine oil, tabasco, cumin, coriander and lime juice in a large bowl. Add potatoes and toss well to coat in mixture. Place wedges, skin side down, in a single layer on baking trays. Bake, turning once, for 50-55 minutes until crisp and golden.
3. Meanwhile, to make avocado dip, peel, deseed and chop avocados. Place into a bowl. Add lime juice. Using a fork, mash until smooth. Season with salt and pepper to taste. Serve avocado dip with wedges and sour cream.



Potatoes

- A reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.