

Baked Potato Wedges



Serves	4
Prep time	10 minutes
Cook time	25 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Savoury Snack , Side Dish
Misc	Child Friendly , Serve Hot

Ingredients

- 1 tablespoon sunflower oil
- 1 teaspoon chopped chives
- 1 teaspoon minced garlic
- 1 teaspoon chopped parsley
- 1/4 teaspoon salt
- 3 Large potatoes (peeled and cut into eights)

Optional

- 30g mild yellow cheese

Directions

1. Preheat the oven to 220°C. Line a baking tray with baking paper.
2. Place the cheese, oil, chives, garlic, parsley and salt into a large bowl and mix with your hands to coat the potatoes.
3. Spread the potatoes out on a baking tray. Bake for approximately 25 minutes or until the potatoes are tender.
4. Serve immediately.



Note

Low Chemical / Failsafe, High Amines

This recipe is high in Amines if using cheese.