

## Nutracheck Recipe

### Homemade Spicy Potato Wedges

**Serves: 1**

**217** kcals

**5.3** g fat

per serving



#### INGREDIENTS

- 1 large jacket potato
- 5ml. oil
- ½ tsp. Chilli flakes

#### Cooking Instructions:

1. Pre heat oven to 220c or gas mark 7.
2. Slice the potato into 8 wedges.
3. Blanch the wedges in boiling water for 3 minutes.
4. Drain potatoes well & place in place them into a bowl with the chilli flakes and the oil and mix well.
5. Place onto a baking tray and bake in the oven for 20-25 minutes until they are cooked but crispy.