



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 10 mins

Cook time: 45 mins

Serves: 6

INGREDIENTS

- 1200g potatoes, approx 6 large potatoes
- ¼ cup olive oil
- 1 tbsp garlic, crushed
- ¼ cup whole grain mustard
- 1 tsp smoked paprika
- ¼ cup fresh rosemary leaves
- 1-1½ tsp pink rock salt
- 1 tsp ground black pepper

ROSEMARY AND MUSTARD WEDGES



METHOD

- Preheat oven to 180°C.
- Line a large flat ovenproof dish with baking paper.
- Peel and cut potatoes into wedges (2cm fingers).
- Combine oil, garlic, mustard, paprika, rosemary, salt and pepper in a bowl.
- Add potato wedges and stir to coat.
- Spread potatoes onto baking dish, and roast in oven for 20 minutes.
- Turn with egg lifter, and bake a further 15 minutes until cooked.
- Serve with fish, chicken or as a snack.