



Cajun Potato Wedges

Cooking time : 45 minutes

- 4 Potatoes unpeeled cut into 4 or 6 wedges
- 1 lemon cut into 6 wedges
- 2 red onions cut into wedges
- 3 tbsp lemon juice
- 1 tbsp Tomato Puree
- 1 tbsp Paprika
- ½ tsp Cayenne Pepper
- 1 tsp fresh thyme leaves
- 4 Tbsp Olive oil
- 8 Whole Garlic cloves, unpeeled
- 4-5 Bay leaves
- 4 tbsp Water
- 1 tsp Salt
- ½ tsp black pepper
- 1 tsp dried oregano
- ½ tsp ground cumin

Place the potato wedges into a pan of boiling water and cook for 3 minutes. Drain well and place in a large roasting tin with lemon wedges, garlic, onions and bay leaves.

Put the lemon juice, water and tomato puree into a small bowl. Add Spices and herbs and mix well. Pour the spice mix over the potatoes in the tin and toss together to coat. Drizzle over the oil and cook in the oven at 200⁰C/400F or Gas mark 6 for 35-40 minutes, until the potatoes are tender and all the liquid has been absorbed. Turn the mixture frequently with a metal spatula or fish slice.

Serve hot with grilled meats.