

# Let's get cooking with



**Healthworks**  
the community health charity

## Crunchy Wedges

### What you need:

- 2 large washed potatoes
- 60 ml olive oil
- 240g cornflakes
- 1 tablespoon mixed herbs

Substitute as necessary if you have an allergy to any of the ingredients



### How to prepare:

1. Pre heat oven to 200°C.
2. Cut the potatoes into wedges and place in a large bowl.
3. Pour in the oil and coat the potatoes.
4. Coat the potatoes with the cornflakes and herbs.
5. Place onto a flat baking tray.
6. Cook for 20 minutes and then turn the potatoes and cook for another 20 minutes.

### Top tip/s:

- You can also use sweet potatoes.
- Add parmesan cheese and paprika for extra taste.

Enjoy!

From the Community Skills Team  
[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)