

Sweet potato wedges

Cold potato wedges make a great addition to the lunchbox. Why not pack some hummus or avocado and broadbean dip for the wedges to be dipped in, it makes for a yummy snack.

They can be cooked the night before and stored in the fridge.

Ingredients:

- 2 large sweet potato, cut into wedges
- Olive oil spray

Method:

1. Preheat oven to 180 degrees Celsius
2. Place sweet potato wedges on an oven tray lined with baking paper
3. Spray wedges with a light spray of olive oil. Optional: Sprinkle with fresh thyme or dried Italian herbs.
4. Bake for 30 minutes or until cooked through and brown.