



Spicy Roasted Potato Wedges with Avocado Dip

SERVES: 4 | TOTAL TIME: 1 HOUR 20 MINUTES

INGREDIENTS

- 1 kg potatoes
- 2 tbsp olive oil
- 2 tsp tabasco sauce
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp lime juice
- Reduced fat light sour cream, to serve

AVOCADO DIP

- 2 medium ripe avocados
- 2 tbs lime juice
- Salt and ground black pepper

DIRECTIONS

1. Preheat oven to 220°C/200°C fan-forced. Line 2 baking trays with baking paper. Scrub potatoes and cut lengthways into 1-2cm thick wedges. Place onto a clean tea towel and pat dry.
2. Combine oil, tabasco, cumin, coriander and lime juice in a large bowl. Add potatoes and toss well to coat in mixture. Place wedges, skin side down, in a single layer on baking trays. Bake, turning once, for 50 to 55 minutes until crisp and golden.
3. Meanwhile, to make avocado dip, peel, deseed and chop avocados. Place into a bowl. Add lime juice. Using a fork, mash until smooth. Season with salt and pepper to taste. Serve avocado dip with wedges and sour cream.