

Spicy Potato Wedges and Salsa Dip

Method

Wedges

1. Preheat oven to 180°C
2. **Line** a baking tray with baking paper
3. Wash the potatoes
Use a colander and a plate to catch drips
4. **Cut** each potato into 8 equal wedges **[A]**
Use a brown chopping board and safety mat
5. Place the potatoes in a large mixing bowl
6. Add oil and seasonings and mix well with your hands
7. Place wedges onto a baking tray. Wash and dry your hands.
8. **Bake** for 20-25 minutes until soft and golden brown in colour **[C]**
Cook for longer if not at your desired texture

Salsa dip

1. Wash the tomatoes and jalapeño pepper
Use a colander and a plate to catch drips
2. **Peel** then **medium/small dice** the onion
3. Add half the diced onion to the small bowl
4. Cut the lime in half then **juice** both halves into the bowl with the onion
5. **Quarter** the tomatoes, remove any stem, use a spoon to **deseed**
Deseed means scooping out the seeds, leaving just the flesh
6. **Medium/small dice** the tomatoes
Create batons, then cut the batons into cubes
! Try to ensure the tomato pieces are the same size as the onion
7. Add the diced tomatoes to the bowl
! You are aiming for about twice as much tomato as onion (add more onion if necessary)
8. **Deseed** and **medium/small dice** the jalapeño pepper. Add it to the bowl
9. **Finley chop** the coriander (optional), add to the bowl
10. **Crush**, or finely chop the garlic (optional), then add to the bowl
11. **Mix** the ingredients together **[C]**
12. Season to taste

Ingredients

Spicy potatoes

- 2 medium potatoes
- 0.25 tsp Cajun spice (school)
- 0.25 tsp paprika (school)
- 0.25 tsp chilli powder (school)
- 2 tsp sunflower oil (school)

Salsa dip (Pico De Gallo)

- 3 or 4 large tomatoes
- 1 white onion
- 1 lime
- 1 jalapeño pepper (or alternative)
- 2 garlic cloves (optional)
- Fresh coriander (optional)
- Salt and pepper (school)

- 2 containers

Equipment

- Blue tray
- Safety mat
- Vegetable knife
- Wooden spoon
- 2 dessert spoons
- Digital timer
- Measuring spoons
- Tongs
- Baking paper

- Baking tray
- Chopping boards
- Wooden triangle
- Colander
- Plate
- Large mixing bowl
- Small mixing bowl

Key Moments



[A] Cut each potato into 8 equal wedges



[C] Crispy potato wedges and salsa dip