

Recipe: Sunshine Herb Potato

Side dish

Bites of sunshine made of cheesy baked potatoes topped with fresh parsley.

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves 15 children

Ingredients

- 2kg Holland potatoes (with skin)
- Ingredients A:
 - 50g blended canola oil*
 - 15g Italian Seasoning (a blend of herbs, no salt added)
 - 10g garlic powder
 - 5g black pepper
 - 5g salt
- 62.5g (3 slices) reduced fat cheese slices*, finely shredded
- 5g fresh parsley, chopped



* Choose products with the Healthier Choice Symbol

Methods

1. Preheat oven to 200°C. Line baking tray with aluminum foil.
2. Wash the potatoes, dry and cut them into wedge shapes or about 1 cm thick pieces. Where possible, each piece should have some skin on.
3. Spread the potatoes onto the aluminum foil and evenly sprinkle ingredients A.
4. Then toss them very gently to ensure that all potatoes are coated. Bake for 10 minutes.
5. Remove tray from oven and evenly spread cheese over the potatoes and bake for a further 20 minutes, until the cheese is lightly golden brown. Test tenderness of potatoes with a fork.
6. Sprinkle fresh parsley before serving.

Tips

- Chef recommends the use of Holland potatoes because the yellow ‘meat’ is firmer in texture than white ‘meat’ potatoes and it is cheaper and readily available.
- This dish can be prepared by pan frying the seasoned potato pieces with a little oil and over low-medium heat. Test with fork after 5 minutes of frying. When cooked, toss with shredded cheese until cheese melts and starts to brown. Remove and serve.
- Although this dish cannot be prepared in the shape of French fries, it is much tastier as the broader cut of these potatoes can retain the melted cheese coating and giving these potatoes a smoky melt-in-the-mouth flavour.

Nutrition Information
(Per serving): 120g
Energy 116.3 kcal
Protein 3.7g
Total fat 3.25g
Saturated fat 0.6g
Carbohydrates 18.0g
Dietary fibre 2.5g
Sodium 64.4mg

Cost per Serving: \$ 0.65.