

Ingredients

1. Wash the potatoes then cut into thick wedges.
 2. Place in a microwave proof bowl with 3 tbsp of water. Cover and cook on high for 10 mins.
 3. Add 2 tbsp of olive oil to an oven dish, crush some garlic into the oil.
 4. Pre heat a conventional oven to 180 deg C (gas mark 4).
 5. Add the par cooked potatoes to the dish and ensure an even coating of oil is applied to all the wedges and sprinkle with thyme.
 6. Cook in pre heated conventional oven for 35 to 40 mins until done.
- 2 large potatoes
Dried thyme
2 Garlic cloves
Olive oil

main

'What's Cooking!' Recipe Card**GARLIC POTATO WEDGES****Food Fact:-**

Potato, garlic, olive oil – all nutritious foods, cooked this way helps to keep down your saturated fats.

**Preparation time** 5 mins**Cooking time** 50 mins

Serves 2