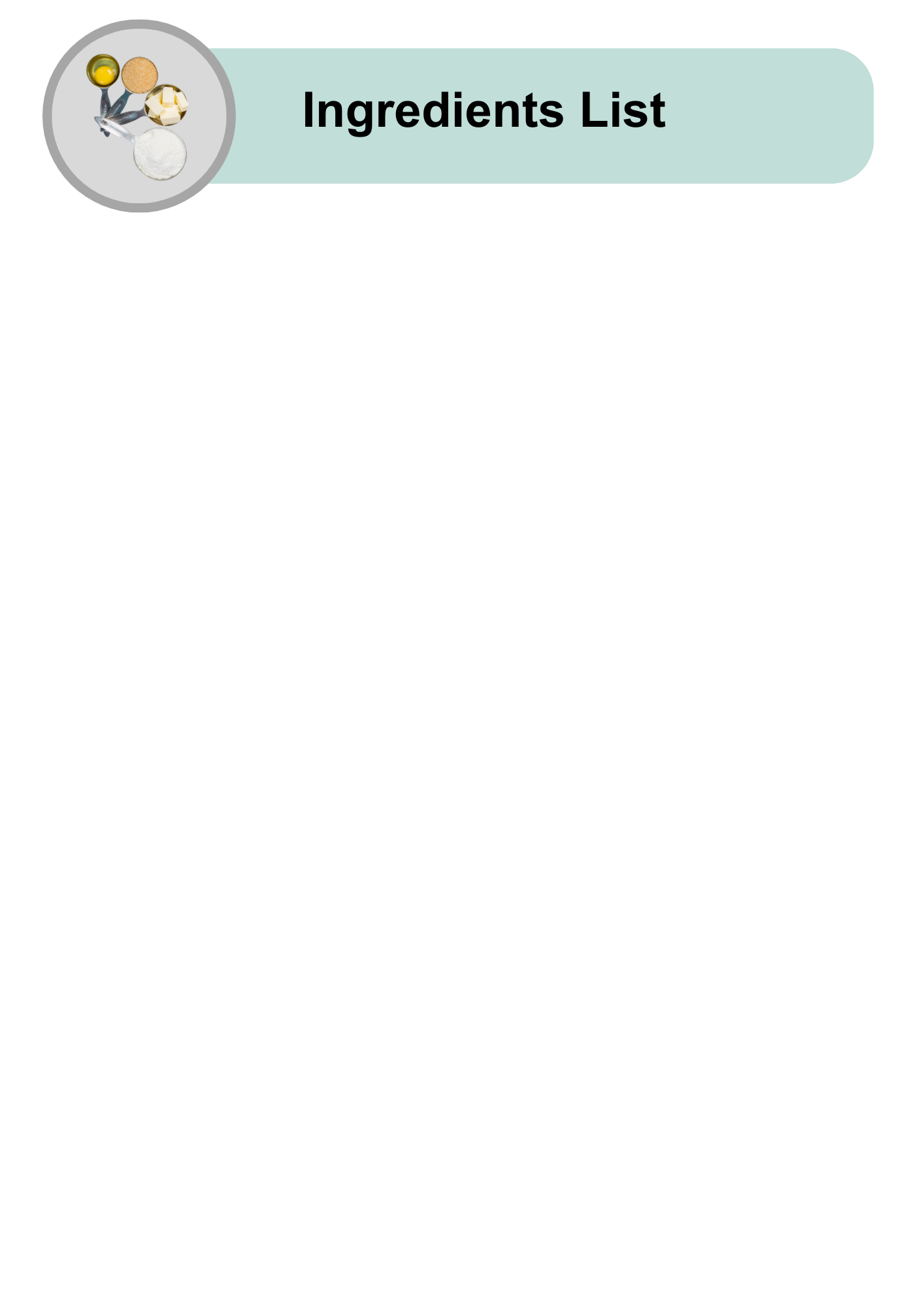
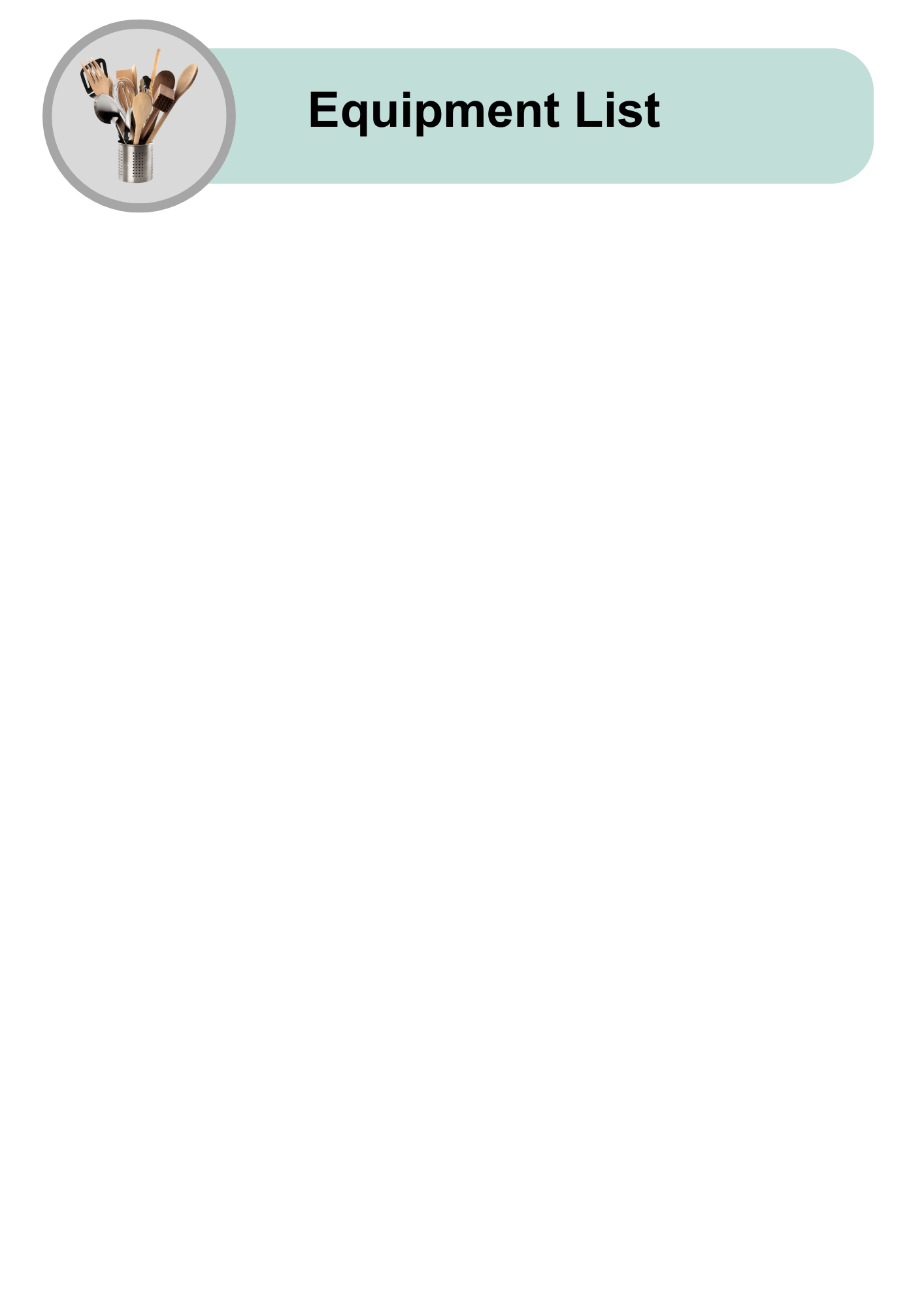


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| A clock showing 30 minutes, indicating the total cooking time for the recipe. | This recipe takes 30 to 40 minutes to make. |
| An image of roasted herby potato wedges with four person icons below, indicating that the recipe serves four people. | It will serve 4 people. |
| A red plastic measuring cup, commonly used for measuring ingredients in cooking. | 1 cup is 1 serving. |



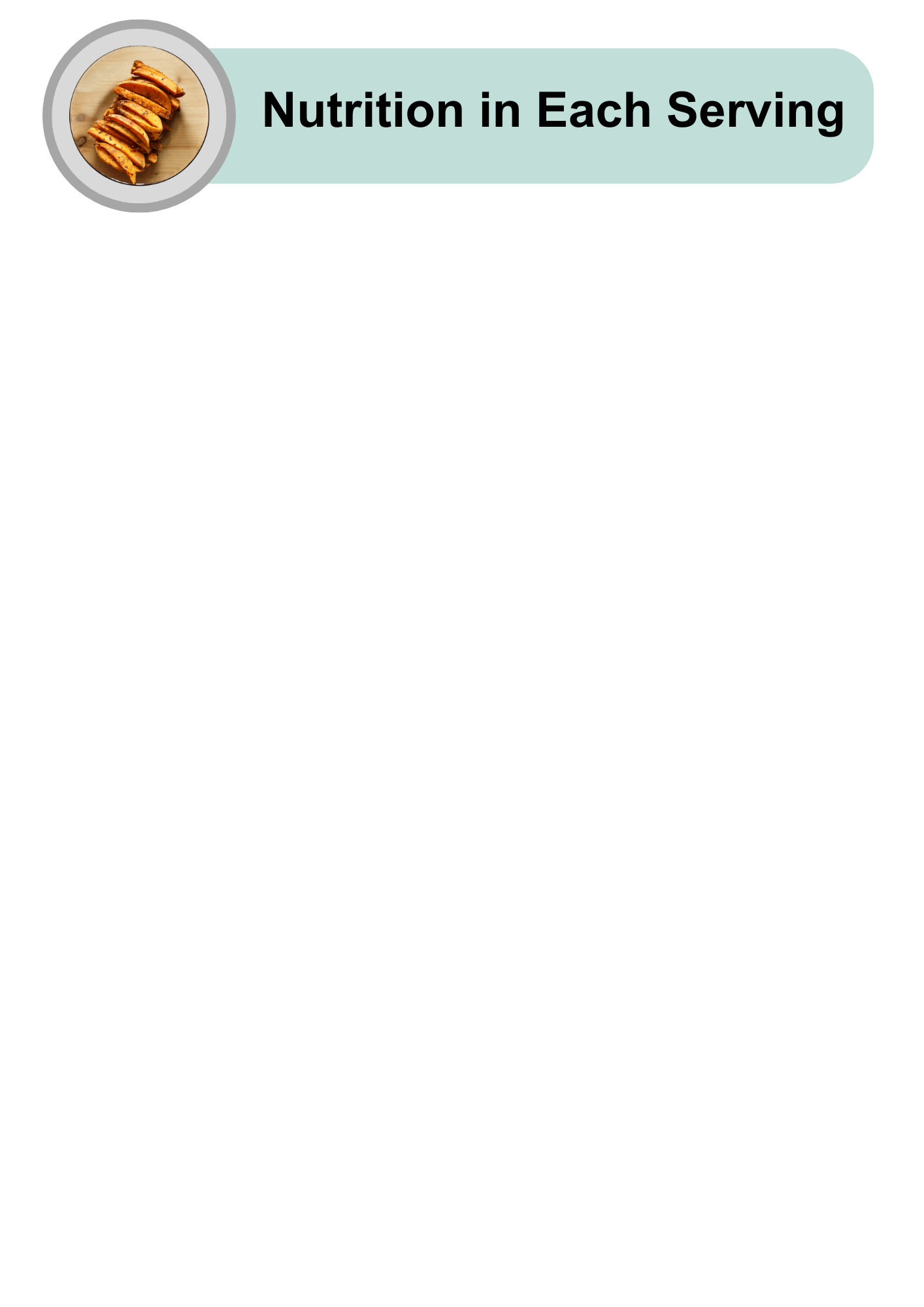
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| A whole sweet potato with a slightly rough, reddish-brown skin, used as the main ingredient in the recipe. | 1 medium sweet potato |
| A whole red-skinned potato. | 1 medium potato with red skin |
| A whole white-skinned potato. | 1 medium potato with white skin |
| A silver measuring spoon filled with golden olive oil, placed on a plain grey background. | 1 to 2 tablespoons of Extra Virgin Olive Oil |
| A small red and white measuring spoon filled with dried herbs. | 1 tablespoon of mixed herbs |



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| A silver kitchen oven with a digital display. | Oven |
| A rectangular wooden cutting board with a handle cutout on one side, placed on a light grey background. | Chopping board |
| A sharp chef’s knife with a wooden handle featuring a polished metal blade, placed on a light grey background. | Large knife |
| A black non-stick baking tray. | Large flat oven-proof dish |
| A shiny metal spoon with a simple, reflective design, placed on a light grey background. | Tablespoon |
| A plain white ceramic bowl with a simple, clean design, placed on a light grey background. | Large bowl |
| A smiling woman wearing a red and white striped apron, holding two wooden spoons while stirring a pot. She is surrounded by fresh vegetables, including tomatoes, bell peppers, cucumbers, and a cabbage, on a grey background. | A support person to help use the oven safely |



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| A silver oven with "180°" written above, indicating the need to preheat it to 180 degrees Celsius. | Turn the oven to 180 C. |
| A person slicing a white potato into rounds on a wooden chopping board. | Cut the potatoes: |
| A person chopping an orange sweet potato into wedges on a wooden chopping board. | * Make them into thick chips. |
| A whole red-skinned potato with a green checkmark, indicating it is the right choice for the recipe. | * Leave the skin on. |
| An image of cut sweet potato wedges being placed into a white mixing bowl. | Put the potatoes in a large bowl. |
| A composition of olive oil, dried herbs, salt, and pepper being added to a bowl of cut sweet potatoes. | Add:   * olive oil * mixed herbs * salt * and pepper. |
| A spoon stirring sweet potato wedges in a bowl, ensuring even coating with seasoning. | Mix the potatoes with a spoon or your hands. |
| Seasoned potato wedges being moved from a bowl to a black baking tray. | Put the potatoes on a baking dish. |
| A baking tray of potatoes being placed into an oven with a gloved hand. | Ask your support person for help to put the dish in the oven. |
| An oven icon with two clocks showing 30 to 40 minutes, indicating the required baking time. | Cook for 30 to 40 minutes until crispy. |
| A vertical arrangement of four meal options, showing different ways to eat herby potatoes. From top to bottom:  Grilled chicken wings with chips and dipping sauce. A salad with greens, sweet potato, avocado, and dressing. A wrap filled with grilled meat and fresh vegetables. A nourish bowl with grains, legumes, and colourful vegetables. | You can eat the herby potatoes:   * With grilled chicken or fish * With a salad * In a wrap with veggies * As part of a nourish bowl. |



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| A cartoon-style illustration of various foods, including chicken, fish, carrots, and an egg, with a lightning bolt icon above, representing energy or nutrients. | Quite high in energy |
| An assortment of high-protein foods, including raw salmon, chicken breast, steak, eggs, nuts, grains, and cheese, arranged on a light grey background. | Low in protein |
| A collection of healthy fat sources, including raw salmon, avocado halves, mixed nuts, and a small bowl of olive oil, placed on a light grey background. | Low in fat |
| A variety of carbohydrate-rich foods, including pasta, bread, cereal, cookies, juice, and sugar cubes, arranged on a light grey background. | Quite high in carbohydrates |
| An arrangement of sugary treats, including lollipops, chocolate, cookies, candies, and a bowl of sugar with a spoon in the centre, symbolising high-sugar foods. | Low in sugars |
| An assortment of whole grains, seeds, nuts, and breads arranged with small bowls of grains, representing healthy fibre-rich foods, on a light grey background. | High in fibre |
| A tilted glass shaker filled with white table salt, with a small pile of salt spilled on the grey surface, representing salt usage or measurement. | Low in salt |

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| A hand giving a thumbs-up with a plate of roasted herby potatoes in a circle. | Herby Potatoes are easy to make and good for you! |
| A plate of crispy herby potato fries with a small bowl of dipping sauce. | Try making this recipe at home.  Enjoy it with your favourite meals. |
| A hand holding a smartphone displaying the Dietitians Australia website homepage, with the text 'The leading voice in nutrition and dietetics' visible on the screen. | For more recipes and tips, visit the Dietitians Australia website. |

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