



Herby Potato Recipe



This recipe takes 30 to 40 minutes to make.



It will serve 4 people.



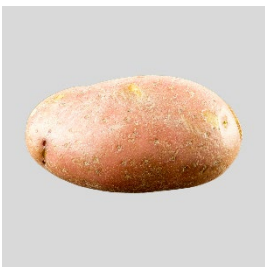
1 cup is 1 serving.



Ingredients List



1 medium sweet potato



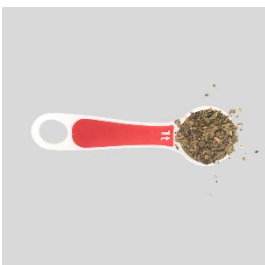
1 medium potato with red skin



1 medium potato with white skin



1 to 2 tablespoons of Extra Virgin Olive Oil



1 tablespoon of mixed herbs



Equipment List



Oven



Chopping board



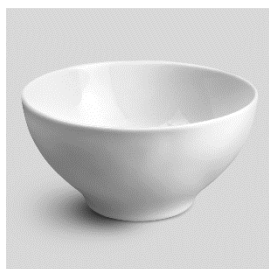
Large knife



Large flat oven-proof dish



Tablespoon



Large bowl



A support person to help use the oven safely



Method



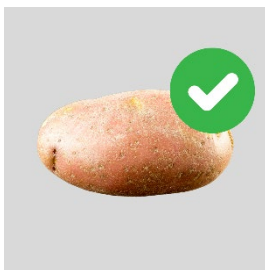
Turn the oven to 180 C.



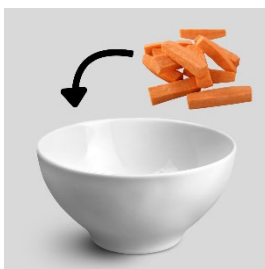
Cut the potatoes:



- Make them into thick chips.



- Leave the skin on.

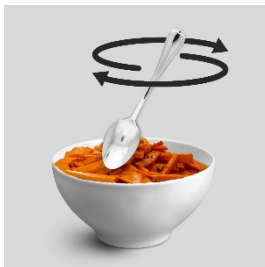


Put the potatoes in a large bowl.



Add:

- olive oil
- mixed herbs
- salt
- and pepper.



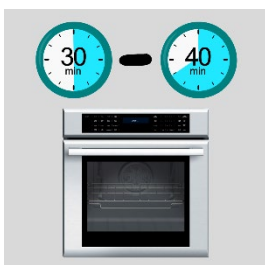
Mix the potatoes with a spoon or your hands.



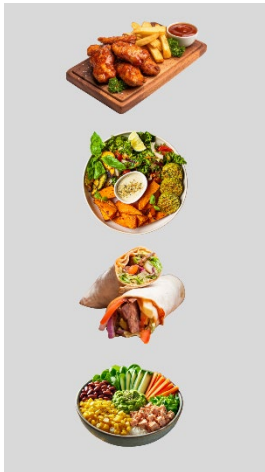
Put the potatoes on a baking dish.



Ask your support person for help to put the dish in the oven.



Cook for 30 to 40 minutes until crispy.



You can eat the herby potatoes:

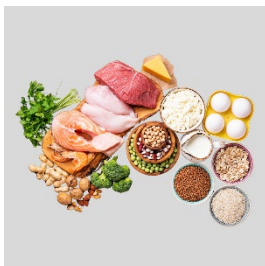
- With grilled chicken or fish
- With a salad
- In a wrap with veggies
- As part of a nourish bowl.



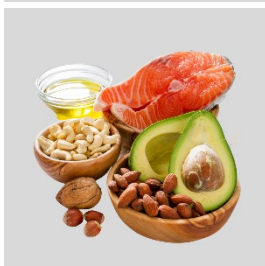
Nutrition in Each Serving



Quite high in energy



Low in protein



Low in fat



Quite high in carbohydrates



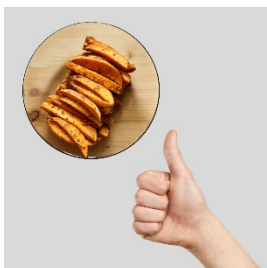
Low in sugars



High in fibre



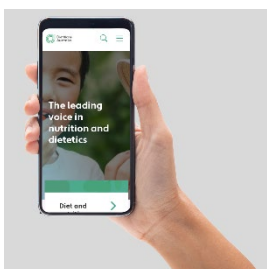
Low in salt



Herby Potatoes are easy to make and good for you!



Try making this recipe at home.
Enjoy it with your favourite meals.



For more recipes and tips, visit the Dietitians Australia website.

The Australian Federation of Disability Organisations (AFDO) made this document Easy Read. You need to ask AFDO if you want to use any pictures from this document. You can email AFDO at office@afdo.org.au