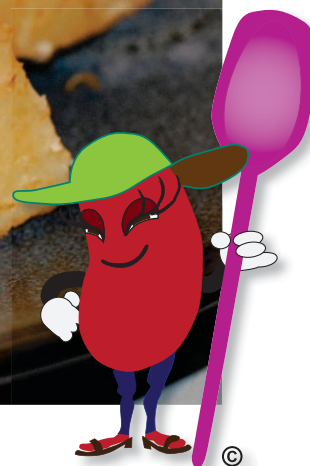


Beans, Rice And Everything Nice

Lemon Roasted Potatoes



original recipe by beansriceeverythingnice.weebly.com

Ingredients

4 medium russet potatoes,
peeled and cut into wedges
1/3 cup of lemon juice
(juice of 1 lemon)
2 Tablespoons of water
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon tomato paste
1 Tablespoon chick pea flour

1. Par-boil the potatoes for 5 minutes. Drain and set aside to cool.
2. Pre-heat the oven to 205C / 400F. In a large bowl, combine the onion powder, garlic powder, oregano, tomato paste, and chick pea flour. Add the lemon juice and 2 Tablespoons of water, and whisk until combined. Prepare a roasting pan by lightly oiling or lining it with parchment paper.
3. Add the cooled potatoes to the bowl with the seasonings and stir, thoroughly coating every wedge. Add the coated potatoes to the prepared roasting pan. Cover the pan with foil and bake in the pre-heated oven for 25 minutes. Stir at 10 minute intervals, replacing the foil afterwards. Check the potatoes after 25 minutes. They should be fork tender. If you wish, you can then bake them an additional 5 minutes without the foil to brown them a bit.