



BAKED BABY POTATOES

Classic Irish, Welsh & French recipe, with an Italian zest.

Nutrition Facts Per Serving: Calories 375, Protein 6g, Carbs 56g, Fat 14g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 60+ min (depends on oven)



INGREDIENTS:

Potatoes

Leek

Carrot

Bell Pepper

Red Hot Chili (Optional)

Marinade Mix (garlic, parsley,
dry oregano, olive oil, balsamic
vinegar, black pepper & sea salt)

METHOD

1. Clean potatoes very well and tap dry. Transfer to large mixing bowl (preferably glass).
2. Add the marinade mixture to the potatoes and rub well until potatoes are well covered.
3. Deseed chili if desired, chop finely and add to the potatoes. Add all other chopped veggies and toss well to mix.
4. Cover and stand on counter for 10 min.
5. Preheat an oven to 160 °C. Give the mixture a good toss, then transfer it evenly to baking dish making sure to scoop everything. Ideally, the oven dish should have a heavy well-fitting lid, if not cover with baking paper then seal with foil.
6. Bake for about 1 hour, checking after 40 minutes. If too dry add little water. The potatoes should be tender but not too mushy.
7. When ready take out from oven, rest for 5 minutes or so, check and adjust seasoning then serve.



BON APPETIT