



Fries with Chilli and Thyme

Source – taste.com.au

Harvest – potato, thyme

Vocab Words – batons, mortar and pestle, coarsely, half, single layer

Skills – slice, mortar and pestle, boil, half, toss, single layer

Equipment:	Ingredients:
<ul style="list-style-type: none">· Metric measuring cups and spoons· Chopping boards and grips· Compost bowls· Knives· Mortar and Pestle· 2 baking trays, lined with baking paper· Serving Items – platters and tongs	<ul style="list-style-type: none">· 1 1/2 tablespoons chopped fresh thyme· 1-2 teaspoons dried chilli flakes· 1 teaspoon cracked black pepper· 2 teaspoons sea salt flakes· Olive oil, to grease· 2kg potatoes, peeled, thickly sliced lengthways, cut into 1.5cm-thick batons· 2 tablespoons olive oil, extra

What to do:

1. Preheat oven to 250°C.
2. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
3. Place the thyme, chilli, pepper and half the salt in a mortar and gently pound with a pestle until coarsely crushed. Stir in the remaining salt.
4. Place the potatoes in a large bowl. Add the oil and half the salt mixture, and toss to coat.
5. Arrange the potato, in a single layer, on the prepared baking trays. Bake, swapping trays halfway through cooking, for 20-25 minutes or until golden.
6. Sprinkle with remaining salt mixture and serve.

Notes: many vegetables can be used to make fries – potato, sweet potato, carrot, celeriac and more!