

# Roast Potatoes

**Allergens - N/A**

## Ingredients

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Quantity	Ingredient
2kg	Potatoes (peeled)
3g	Salt



## Method

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1. Par boil the potatoes in salted water.
2. Drain and place in shallow tray to cool.
3. Coat potatoes with vegetable oil.
4. Roast in oven at 180°C/350°F until golden brown.
5. Serve at 63°C.

## Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 60.	= 0.2	= 0.0	= 0.5	= 0.2	= 13.8

**Portion size - Primary - 80g**