

# Recipe



## Black Pepper and Lime Oven Fries

2 Servings

### Ingredients

1/2 pound potato, baked  
1 tbsp olive oil  
1/3 fruit (5 cm dia) lime, raw  
2 tbsp cheese, parmesan, grated  
2 dash salt  
5 dash black pepper

### Directions

1. Preheat oven to 375, oven racks in the middle.
2. Cut potatoes into wedges or squares.
3. In a medium bowl toss the potato wedges with the olive oil, a few big pinches of sea salt and five or six cranks of the pepper grinder. Arrange the potatoes cut side down on a baking sheet. Place in the oven for 30-35 minutes, tossing the potatoes with a metal spatula half way through.
3. While the potatoes are baking, zest the lime and cut it into a few wedges.
4. When the potatoes are cooked through, remove them from the oven, taste, and adjust the seasoning. Add more salt and pepper to taste (don't skimp on the pepper!). Serve in a big shallow bowl, or on a platter, drizzled with lime juice and dusted with the lime zest and Parmesan.

### NUTRITION FACTS - PER 1 SERVING

CALORIES (kCal)	199
FAT (g)	8.86
SATURATED FAT (g)	2.071
TRANS FAT (g)	0.003
CHOLESTEROL (mg)	6
SODIUM (mg)	264
CARBOHYDRATE (g)	26.14
FIBRE (g)	3.1
PROTEIN (g)	5.49
VITAMIN A (µg)	9
VITAMIN C (mg)	14.1
CALCIUM (mg)	95
IRON (mg)	1.76