



ROASTED POTATO FRIES



Ingredients

- 4 cups potatoes (4 medium-large potatoes)
- 4 tbsp avocado oil, canola oil, or liquid coconut oil
- 1 tsp salt
- ½ tsp ground pepper
- 1 tsp herbes de Provence
- 1 tsp dried rosemary
- 1 tsp dried parsley



Instructions

Serves
4

Prep Time
20 mins

Bake Time
40 mins

Total Time
1 hour

1. Peel the potatoes, then slice them into sticks or wedges.
2. Put the potato sticks into ice water for at least 10 minutes, then rinse them and pat them dry.
3. Preheat the oven to 400°F.
4. Spread the potato sticks out on the baking sheet and drizzle with oil.
5. Sprinkle the potatoes with the seasonings, then toss well. Spread all the sticks out evenly on the baking sheet.
6. Bake at 400°F for 40 minutes, until cooked and crispy. Halfway through the baking time, toss the fries again and drizzle them with more oil if necessary.