

## Roast Potatoes



4 Ingredients, 6 Servings, 90 Minutes Total Time

- 1 pinch salt (coarse)
- 1 kilogram of potatoes (peeled)
- 8 rosemary (sprigs to garnish)
- 5 tablespoons oil\*

### Instructions

- Preheat the oven to 230°C/450°F/Gas mark 8.
- Put the fat in a large roasting tin, sprinkle generously with sea salt and place in the oven.
- Meanwhile, cook the potatoes in a large saucepan of boiling water for 8-10 minutes until par-boiled.
- Drain well, and if the potatoes are large, cut them in half.
- Return the potatoes to the empty saucepan and shake vigorously to roughen their outsides.
- Arrange the potatoes in a single layer in the hot fat and roast for 45 minutes. If they look as if they are beginning to char around the edges, reduce the temperature to 200°C/400°F/Gas mark 6.
- Turn the potatoes over and roast for another 30 minutes until crisp.
- Serve, garnished with rosemary sprigs.

### Warnings

\*\*POTATOES: only white, peeled potatoes are low salicylate

\*\*OIL\*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

### Nutritional Information (per serving)

Calories	34
Total Fat	1g
Saturated Fat	--
Cholesterol	--
Sodium	71mg
Total Carbohydrate	6g
Dietary Fibre	1g
Sugars	--
Protein	1g
Calcium	7mg
Iron	--
Magnesium	9mg
Phosphorus	23mg
Potassium	153mg
Vitamin C	4mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--