

Lemon Roasted New Potatoes

Lemon-roasted new potatoes are so simple to prepare and add a little something extra to the everpopular spud.

They make a delicious side-dish for many savoury meals. They are a firm favourite with my rosemary chicken in bacon meal as the flavours hold up against the richness and strength of the rosemary and bacon.

Lemon-roasted new potatoes are also delicious served cold with watercress in a buttered baguette (especially if the night before was a bit of a heavy one!)

The zest and juice of the lemon give these spuds a welcome lift, the smoked paprika lends them a depth of flavour and the fact that they are roasted with red onions and cherry tomatoes adds a caramelised sweetness. In short, they are delicious.

Ingredients:

1 kg new potatoes, washed and sliced in half 400g cherry tomatoes, halved

2 tbsp coconut oil Juice and zest of 2 lemons

4 medium red onions, sliced in whole round 2 tsp smoked paprika

slices

Coarse sea salt

Method:

Preheat the oven to 180°C/350°F/Gas 4.

In a large baking tray melt the coconut oil. Wash the new potatoes and toss them into the melted coconut oil along with the red onion rings. Sprinkle the lemon zest and juice, sea salt and smoked paprika over the potatoes and onions and stir well to ensure they are well-covered.

Cook uncovered for approximately 35 minutes.

After 35 minutes move the potatoes and onions around the baking tray and add the cherry tomatoes. Cook for a further 15 minutes until the cherry tomatoes begin to caramelise.

Remove from the oven and enjoy as a delicious side dish to your favourite main meal.

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