

Roasted Potato & Chargrilled Pepper Bake (Low FODMAP)

Golden potatoes braised in sweet pepper oil with aromatic coriander seeds create a stunning side dish that's naturally low FODMAP and bursting with flavor.

Prep: 15 min

Cook: 60 min

Total: 75 min

Servings: 10

Low FODMAP ✓

Ingredients

such as Cyprus or Yukon Gold, peeled waxy potatoes

2 x 290g jars, oil included, must be oil-packed not brine chargrilled peppers in oil

whole seeds, approximately 12g coriander seeds

Instructions

Step 1: Prepare the oven and potatoes

(10 min)

Preheat your oven to 220°C (200°C fan/425°F/Gas Mark 7). While the oven heats, cut your peeled potatoes into slices about 2.5cm (1 inch) thick. Take each slice and cut it into quarters, creating chunky wedges. For the smaller end pieces, simply halve them instead of quartering. This size ensures the potatoes cook through while developing those coveted crispy edges. Spread the potato pieces in a single layer across a large, shallow roasting tin—overcrowding will cause steaming rather than roasting.

Step 2: Combine with peppers and seasonings

(5 min)

Open both jars of chargrilled peppers and check their size—if the strips are longer than bite-sized, use kitchen scissors to snip them into smaller pieces directly over the roasting tin. Pour the entire contents of both jars, including all that precious flavored oil, over the potatoes.

Scatter the coriander seeds evenly across the top. Using your hands or a large spoon, toss everything together thoroughly, ensuring each potato piece gets coated in the pepper-infused oil. The oil should pool slightly in the bottom of the tin.

Step 3: Roast until golden and tender

(60 min)

Slide the roasting tin into your preheated oven and bake for 1 hour without stirring. During this time, the potatoes will transform—their interiors becoming meltingly soft while their exteriors turn golden and slightly crispy, especially at the corners and edges. The oil will bubble gently, essentially braising the potatoes in those sweet, smoky pepper juices. You'll know they're done when a fork slides through easily and the tops are beautifully caramelized.

Step 4: Serve and enjoy

(5 min)

Using a slotted spoon or slotted spatula, carefully transfer the potatoes to a large warmed serving bowl, allowing excess oil to drip back into the tin. This dish is wonderfully versatile with timing—serve immediately for maximum heat, or let it stand for 15 to 45 minutes. The flavors actually intensify as it sits, and the warm temperature is just as delicious as piping hot. Any leftover pepper oil in the tin can be saved for drizzling over salads or other roasted vegetables.