**Mixed-bean chilli with wedges**

Serves 4 – 1F ½ LE

* 4 medium baking potatoes, unpeeled, each cut into 8 wedges
* 4 tsp olive oil
* 1 red onion, roughly chopped
* 1 yellow pepper
* 1 tbsp Cajun spice mix
* 2 x 410g/14oz cans mixed pulses in water, rinsed and drained
* 400g can chopped tomatoes
* 150ml vegetable stock
* 4 tbsp reduced-fat soured cream
1. Heat oven to 220C/200C fan/gas 7.
2. Toss the potato wedges in 2 tsp oil and spread out in a single layer on a large baking tray. Cook for 30-35 mins, turning halfway, until tender and golden brown.
3. Meanwhile, for the chilli, put the remaining oil into a casserole dish and fry the onion and pepper for 5 mins. Add Cajun spice, pulses, tomatoes and stock. Cover and simmer for 15-20 mins. Remove casserole from the heat and. Ladle the chilli into bowls,
4. top each with 1 tbsp soured cream and serve with the wedges.