

SWEET POTATO FRIES

Jay
Halford



Makes 4 Portions



Total Time: 35min



Prep: 10min



Cooking: 25min

Ingredients:

- 2 medium sweet potatoes
- 2 cloves of garlic
- 5g of smoked paprika
- 10ml cold pressed rapeseed oil
- A pinch of Himalayan pink salt
- A pinch of ground black pepper

Equipment needed: Oven, Baking tray,
Chopping board, Chef's knife

Method:

Pre heat the oven to 200c

Cut the sweet potatoes lengthways and cut into equal sized chip shaped slices and add place onto the baking tray.

Add the crushed cloves of garlic

Drizzle them with the cold pressed rapeseed oil and a sprinkling of smoked paprika

Season well with salt and pepper.

Give them a good mix to make sure that they are all coated with oil and seasoning

Place in to the oven for 25 minutes

Top Tips

The thinner you cut the chips the crispier they will go. Cook for a bit longer if you do want them crispier.