

SWEET POTATO WEDGES

- A tasty alternative to chips

Ingredients

Sweet potato

Olive oil

Paprika

Method

1. Wash the sweet potato
2. Cut the sweet potato in half lengthways.
3. Cut the halves into wedges
4. Toss the wedges in 2 tbsp of olive oil per potato
5. Sprinkle with 1 tsp of paprika
6. Place on a baking tray skin side down
7. Bake for 30 minutes at 200C

