



SWEET POTATO ROASTIES

Choose sweet potato with slightly lower glycaemic index for a healthier carbohydrate option for dinner or perfect cold as leftovers

 10 minutes 50 minutes 6 portions

INGREDIENTS

- 500 grams of sweet potato, raw
- 3 tablespoons of oil, olive [33 g]
- 1/2 level teaspoon of salt [3 g]
- 1 level teaspoon of curry powder [3 g]

COOKING METHOD

- 1° Pre-heat the oven to 200 degrees Celsius. Scrub the sweet potatoes well to remove all the dirt. Chop the sweet potatoes into cubes or julienne into chip shape.
- 2° Place the sweet potatoes onto a baking tray and drizzle the olive oil over the top. Sprinkle the salt and curry powder over the sweet potatoes. Cook in the hot oven for at least 40 minutes until crispy. Use a spatula to turn the potatoes 2 -3 x during cooking to evenly coat in oil and seasoning.
- 3° Serve with salad and protein for a delicious dinner. Or save and cool, have as a salad with rocket and balsamic vinegar.
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NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [90 g]	% DRI
ENERGY	136 kcal	122 kcal	6 %
FAT	6 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	4 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	236 mg	212 mg	9 %
CARBOHYDRATE	19 g	17 g	6 %
SUGARS	4 g	3 g	—
FIBER	3 g	3 g	10 %
PROTEIN	2 g	1 g	—