

Sweet Potato Wedges

These sweet potato wedges make a colourful and nutritious alternative to chips. They are baked in the oven rather than fried, so they are much healthier and just as tasty!



Nutritional information per portion (158g):

Energy 990kJ 235kcal 12%	Fat 7.5g 11%	Saturates 1.1g 6%	Sugars 22g 24%	Salt 0.2g 3%
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of an adult's reference intake.
Typical values per 100g: energy 627kJ/149kcal.

Equipment

Chopping board
Sharp knife
Large bowl
Measuring spoons
Baking tray
Oven gloves

Ingredients

Serves 4 as a side dish
1kg sweet potatoes
4 sprigs rosemary
2 x 15ml spoons vegetable oil
Black pepper (optional)

Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Wash the sweet potatoes thoroughly and dry with kitchen paper.
3. Cut them into wedges approximately 8cm long and 2cm wide so that they are like fat chips.
4. Tear the leafy spikes off the rosemary and chop finely. Put in the bowl and add the oil and the sweet potato wedges.
5. Using your hands, turn the sweet potatoes in the oil and rosemary until they are coated on all sides.
6. Tip them onto the baking tray and sprinkle with black pepper to taste (if using).
7. Cook in the oven for 30–40 minutes, turning them over halfway through.
8. The wedges are cooked when the sweet potato is soft and the skins have become crispy.



Top Tip

- Use a baking tray large enough for the sweet potato wedges to be spread out in one layer.

Something to try next time

- Try using different herbs such as thyme or chives.

Prepare now, eat later

- Wash and slice the sweet potato into wedges and keep in plastic bags in the fridge for up to 2 days in advance.
- These potato wedges are best served as soon as they come out of the oven.

Skills used include:

Washing, measuring, chopping, mixing/combining and roasting.