**Ginger Roasted Sweet Potato**

**Ingredients**

Sweet potatoes

* 1.2kg sweet potatoes peeled and cut into 1 inch pieces
* 6 spring onions green parts only, cut into 1 inch pieces, plus small slices for garnish
* 3 cloves of garlic grated or minced
* 3 tsp fresh ginger grated
* 1/8  tsp cayenne pepper
* 1/3 cup olive oil
* 3/4 tsp salt
* 3/4 tsp pepper

**Method**

Sweet potatoes

1. Preheat oven to 200oC. Line a baking sheet with parchment paper.
2. Add all the ingredients to a bowl and toss until well coated.
3. Transfer to the baking sheet and spread the potatoes out, making sure to scrape the bowl of all the ginger and garlic.
4. Roast for 35 minutes or until the potatoes are beginning to brown on the edges and the green onions are charred.

Parsley sauce:

Zest and juice of one lemon;

1/3 cup finely chopped flat leaf parsley

1 large clove garlic, crushed

2 Tbsp olive oil

Pinch of salt (1/4 tsp)

Black pepper

METHOD: Mix all together in a bowl and drizzle over the baked sweet potato