



Sweet potato fries

Ingredients

- 3 large sweet potatoes
- 2 tablespoons of olive oil
- 1 teaspoon of sea salt
- 1 teaspoon of mixed herbs
- 1 teaspoon of smoked paprika
- Handful of thyme leaves
- Handful of rosemary leaves

Method

- Combine all ingredients except sweet potatoes into a bowl
- Peel your sweet potatoes, place peel into the compost.
- Using your peeler, peel strips of your potatoes and place onto baking paper lined baking trays. Keep them in a single layer so they will crisp up.
- Place your oil mix over sweet potatoes and mix in well
- Place in your oven and turn over after 10 minutes, when crispy on both sides, remove from the oven and place onto 2 large platters. Serve onto individual plates.