

Pull-apart Sweet Potato Fries



Turn sweet potato into a perfect snack with the best plant-based aioli, our new fav dipping sauce. And don't forget to leave the skin on for extra fibre and nutrients

Ingredients

2 medium sweet potatoes

canola oil (or olive oil is a good alternative)

sea salt

Your choice of dipping sauce (such as tomato sauce, mayonnaise, aioli)

Method:

1. Preheat oven to 200C.
2. Cut each sweet potato 4-5 times long ways and 10-12 times across. You want your cuts to almost go through the potato. Deeper cuts will make your fries crispy.
3. Place sweet potatoes in a baking tray and brush with canola oil. Sprinkle with salt and place in the oven. Bake for approximately 40 minutes or until potatoes are cooked.

4. Serve with your choice of sauce.