

Sweet Potato Wedges

1 Kg Sweet Potato – peeled

½ teaspoon sugar

Pinch salt

Pinch pepper

1 teaspoon olive oil

Method.

1. Mix the salt, pepper and sugar together in a plastic bag.
2. Cut the sweet potato into wedges and place in a bowl.
3. Toss the wedges in olive oil.
4. Place the wedges into the plastic bag and shake well to distribute the seasoning.
5. Place wedges on tray and put into hot oven. Turn them over after 15 mins and return to oven for another 15 mins.

Note: Timing will vary depending on thickness of wedges.