



Veggie fries with avocado dip



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 30 MINUTES

Ingredients

For the vegetable fries

2 beetroots
2 large carrots
1 large sweet potato
2 large parsley roots
5 tablespoons olive oil
Salt
Pepper
Coriander
Chilli powder
Optional – 6 tablespoons ground

For the avocado dip

1 ripe, diced avocado
1 finely diced shallot
2 tablespoons finely chopped
½-1 small, finely chopped red chilli
½-1 finely chopped mild green chilli
4 tablespoons sunflower oil
4 tablespoons sour cream
Juice and grated peel from 1 organic lime
1 heaping teaspoon light brown cane sugar
Several dashes of Tabasco
Salt

Method

For the Vegetable Fries, peel all the vegetables and cut them into sticks the size of French fries.

Place the sticks on a coated baking sheet. Season with oil, salt, pepper, coriander, and chilli powder and sprinkle with ground hazelnuts.

Bake in the oven on shelf level 3 at 180°C Circo Therm® for about 30 minutes, until golden-brown. Salt to taste.

In the meantime, prepare the dip. Combine all the ingredients in a tall mixing bowl and purée with a hand blender until you have a fine, uniform mixture.

Depending on your tastes and preferences, season with Tabasco and salt. Serve the dip with the Vegetable Fries.

Notes
