



Baked Sweet Potato Wedges



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 8-12

Ingredients

4 medium sweet potato
2 tsp smoked paprika
2 tsp Cumin
2 tsp garlic powder
1 tsp onion powder
1 tsp ground coriander
1 tsp chilli powder
2 tsp cornflour
2 tbsp salt
2 tbsp olive or canola oil

Method

Place all the spices, cornflour, salt and oil into a large mixing bowl and combine.

Cut the sweet potato lengthwise into 8 pieces. Place into the mixing bowl with the spices and mix together.

Pre heat the oven to 210°C on CircoRoasting®. (This recipe can be cooked in Combi Microwave Oven to save time, check notes below).

Line a universal tray with baking paper and place the wedges evenly on the tray. Bake for 15 minutes. Turn the potatoes over and cook for another 15 minutes. Remove from the oven and serve.

Notes

Combination Microwave Oven Cooking Method:

We used 3 small to medium sweet potatoes weighing 750g total.

Prepare as above then place universal tray on shelf position 2.

Select Circoroast 220°C with 360W for 20 minutes.