



# Veggie fries with avocado dip



DIFFICULTY: EASY



PREPARATION TIME: 10  
MINUTES



COOKING TIME: 30 MINUTES

## Ingredients

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### 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

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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 CircoTherm® 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

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