

BAKED SWEET POTATO FRIES

By Jason Roberts

Ingredients:

4 large sweet potatoes scrubbed and dried
3 sprigs of fresh Rosemary
6 gloves of garlic
3 tbsp. Olive oil
Sea salt flakes
Cracked black pepper

Instructions:

1. Pre heat oven to 425F.
2. Lay each sweet potato down on a chopping board and cut into ¼ inch thick slices lengthways, then cut each slice into ¼ inch thick fries.
3. Place into a bowl and toss with olive oil, rosemary, garlic, sea salt flakes and cracked black pepper.
4. Place onto a baking tray lined with baking paper/ parchment paper and bake in the oven for approximately 25 – 30 minutes till golden, and tender.
5. Allow for a few moments to cool before serving.
Serve as a side or by themselves with a serving of fresh aioli.