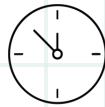




SWEET POTATO WEDGES



Prep time
10 min



Cooking time
45 min



Portions
6



Sweet Potato Wedges

Chef Notes

- Cut the wedges evenly, so they cook at the same rate.
- Don't overcrowd the tray - give the wedges plenty of space to roast and crisp up.
- Coat well with oil and seasoning, so every wedge gets delicious flavour.
- Turn the wedges halfway through cooking for even browning and crisp edges.
- Smoked paprika can burn at high temperatures, so keep an eye on the wedges towards the end of cooking.

Skill Badges



Ingredients

1 kg orange sweet potatoes or potatoes
3-4 tbsp olive oil
1 tsp smoked paprika
½ tsp cayenne pepper
1 tsp salt

Equipment

roasting tray
large chef knife
mixing bowl
tea towel

Method

Step 1 Preheat the oven to 200°C.

Step 2 Wash and cut the sweet potatoes into wedges. Dry with tea towel.

Step 3 Place on a baking tray and drizzle with olive oil.

Step 4 Sprinkle over the smoked paprika, cayenne pepper and salt. Toss well to coat.

Step 5 Return the shredded chicken to the soup and simmer for a few minutes.

Step 6 Roast for 30-40 minutes, turning halfway, until golden and tender.