

# Sweet potato chips – Feeds 2

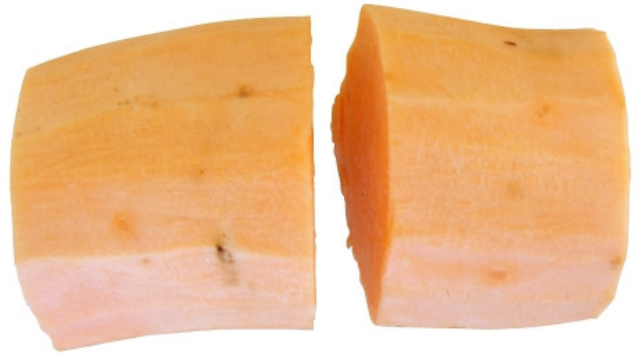


Oven version

## Equipment



## Ingredients



2 Pieces of sweet potato



1 teaspoons of oil



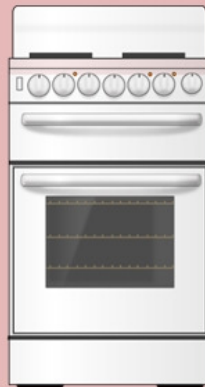
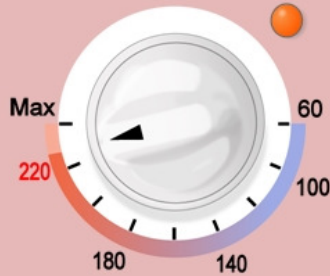
**Optional**

½ teaspoon of chilli powder



1 teaspoon of curry powder

**1** Heat the oven to hot (220 degrees)



**2** Chop sweet potatoes into wedges



**3** Add oil, curry powder & chilli powder if you want

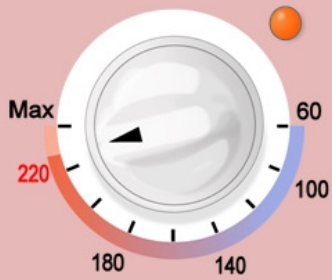


**4** Add sweet potato wedges



**5** Mix and rub the oil & spice mixture with your hands

6



Put coated sweet potato wedges on a baking tray and place in the hot oven

Cook for about 15 minutes until the wedges are cooked right through. Turn the wedges to stop them burning

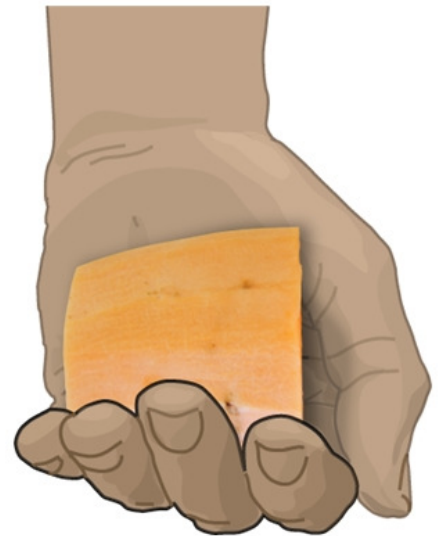
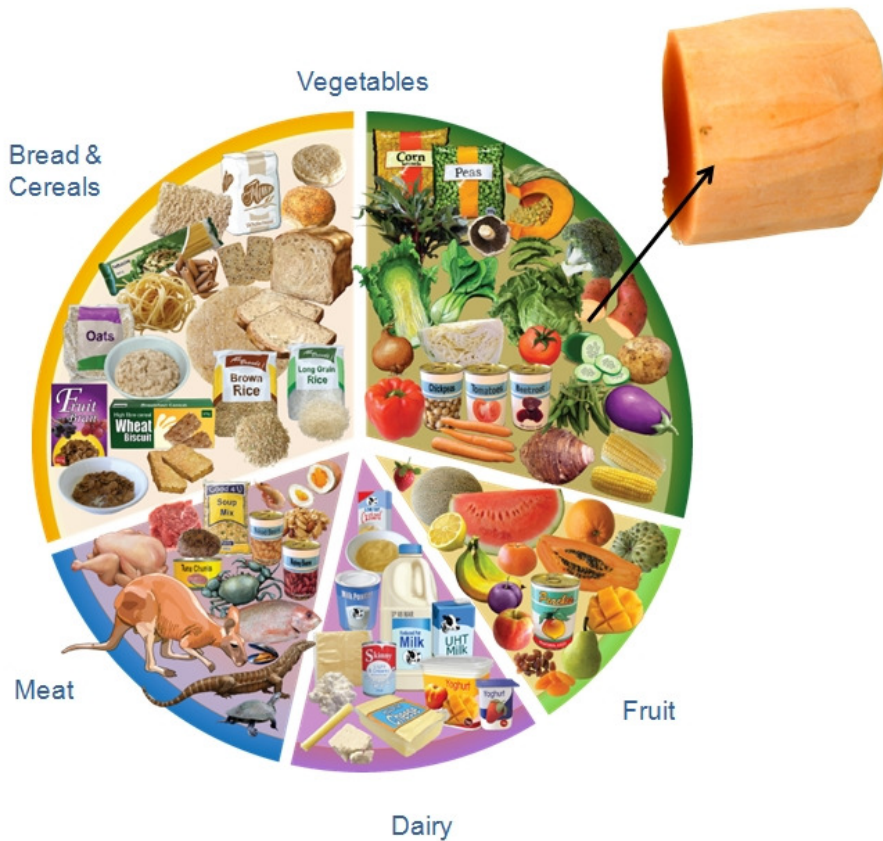


7 Serve



Food groups

Serves in sweet potato chips



1 serves of sweet potatoes

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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