

Sweet potato chips – Feeds 2

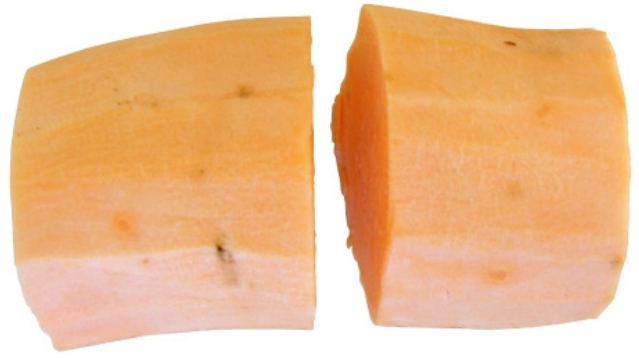


Frying pan version

Equipment



Ingredients



2 Pieces of sweet potato



1 teaspoons of oil



Optional

½ teaspoon of chilli powder



1 teaspoon of curry powder



Turn the frying pan thermostat to **8**



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 into the hot electric frying pan

Turn the thermostat down to **6** & cover with lid. Cook for about 20 minutes until the wedges are cooked right through. Turn the wedges to stop them burning



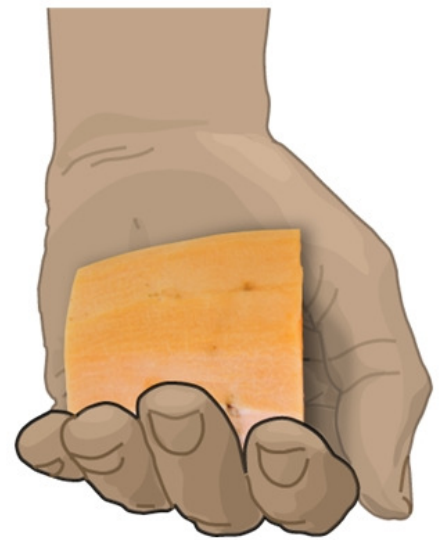
7 Serve



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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