

Sweet potato chips – Feeds 2

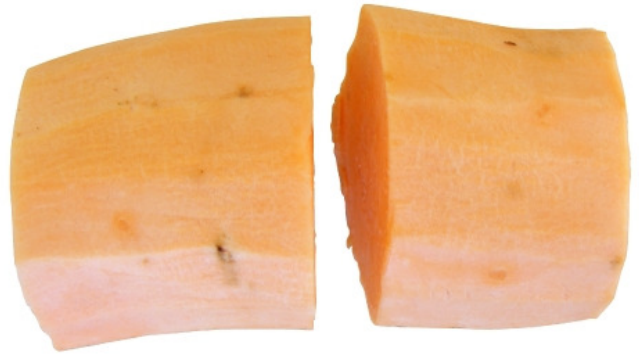


Oven version

Equipment



Ingredients



2 Pieces of sweet potato



1 teaspoons of oil



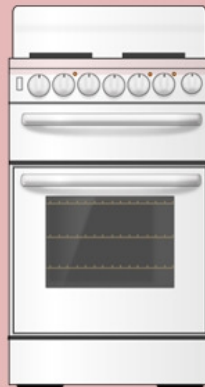
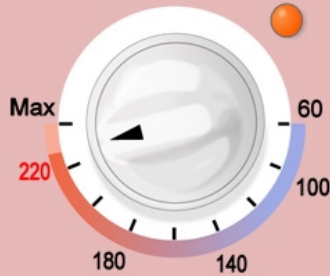
Optional

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

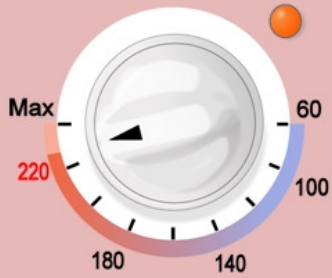


4 Add sweet potato wedges



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

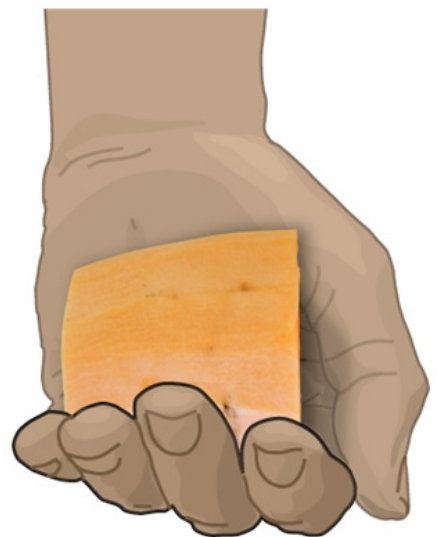


7 Serve



Good food plate

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 at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

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.

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