

## Sweet potato chips – Feeds 2

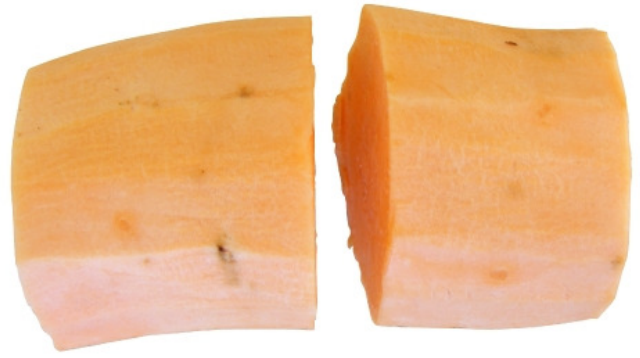


Frying pan version

### Equipment



### Ingredients



2 Pieces of sweet potato



1 teaspoons of oil



#### Optional

½ teaspoon of chilli powder



1 teaspoon of curry powder



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

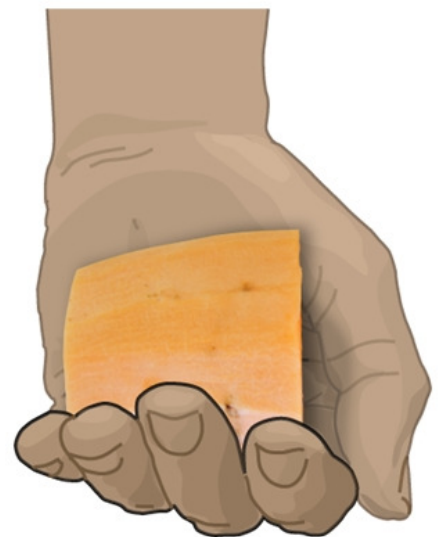


**7** Serve



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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