



Loaded Sweet Potato Fries

🕒 Preparation time: 20 minutes 👤 Portions: 2
🕒 Cooking time: 45 minutes
Total time: 65 minutes

Ingredients (Serves 2 as a main course, 4 as side dish)

For the sweet potato fries

- 850 - 900 g (30-31 oz) sweet potatoes
- 4 tbsp of olive oil (or another vegetable oil)
- 1 tsp paprika powder
- 1 tsp harissa and or chili flakes
- 1 small tsp cumn
- Sea salt
- 1-2 tbsp polenta

For the sauce

- 150 g (5.2 oz or 0.6 cup) soy yoghurt
- 1 tsp tahini
- 1 tsp hot mustard
- 2 tbsp lemon juice
- Sea salt
- Black pepper
- A handful of cilantro (or parsley or mint leaves)

Veggies (optional ingredients)

- 2-3 spring onions
 - 2 mild pepperoni (or bell pepper)
 - Sprouts to your liking
 - A handful of cilantro
 - Some slices of cucumber
 - Optional: An avocado cut in slices
-

Instructions (20 minutes preparation tme + 40-45 minutes baking time)

1. Wash the sweet potatoes, slice them and let them soak in clear water for about an hour.
2. Preheat the oven to 220 Grad (430 °F - static upper and lower heat works best in my opinion)
3. Drain the potato slices and dry them properly.
4. Mix 3 tbsp of olive oil, 1 tsp paprika powder, a small tsp cumin, a tsp harissa and/or chili flakes and a dash of salt. Marinate the sweet potato slices with this mixture and add 1-2 tbs polenta in the end. Spread the fries evenly on a baking sheet.
5. bake the sweet potato fries for 40-45 minutes at 430 °F till crispy. Flip them over half way.
6. For the delish dip, mix soy yoghurt with 1 tsp, 1 tsp hot mustard, 2 tbsp lemon juice, salt, pepper and chopped cilantro. Season the sauce with lemon juice and salt to your taste.
7. Wash and chop 2 spring onions, the pepperoni (or bell peppers), cilantro and cucumber.
8. Put the sweet potato fries in a bowl, cover with the veggies, sprouts, cilantro and drizzle with the yoghurt-tahini sauce. You may also add some more salt. Enjoy!