


SPICY SWEET POTATO FRIES WITH COCONUT & LIME AVOCADO

 GF, RSF, VGN

 2 hrs

 6-8



Ingredients

- 1.8kg sweet potatoes, peeled & sliced into 1cm thick lengths
- 2 tbs coconut oil, melted
- 2 tbs smokey paprika
- ½ tsp chili flakes
- ½ tsp turmeric
- 3 large avocados
- ½ cup coconut cream
- 1 small bunch coriander, roughly chopped
- Juice of 2 small limes
- Olive oil
- Freshly cracked pepper
- Flaked sea salt



Method

Spicy Sweet Potato Fries

1. Pre-heat your oven to 180 degrees celcius.
2. In a large mixing bowl combine the coconut oil, smokey paprika, chili flakes, turmeric and a generous pinch of sea salt.
3. Add the sliced sweet potatoes to the bowl and mix together with your hands, coating the chips with the coconut oil mixture.
4. Place the chips onto three-four paper lined baking trays, ensuring they are evenly spaced and no chip is touching another (this helps the chips become nice and crispy).
5. Place the trays into the pre-heated oven and bake at 180 degrees celcius for roughly 1 hour and 15 minutes.
6. Then turn the oven up to 220 degrees celcius and cook for a further 20 minutes. I find this step ensures the chips are nice and crispy (depending on the strength of your oven, the chips may crisp up faster than mine did, so be sure to keep a close eye on them).
7. Once the chips are cooked and are looking crispy, remove the trays from the oven and sprinkle with flaked sea salt.

Coconut & Lime Avocado

1. Scoop the avocado into a medium sized mixing bowl and squash with a fork.
2. Mix through the coconut cream, lime, half of the coriander, a generous pinch of sea salt and some freshly cracked black pepper.
3. Scoop the avocado mixture into a serving bowl, top with fresh coriander, a sprinkling of chili flakes and a drizzle of extra virgin olive oil.

To Serve

1. Serve the sweet potato fries and the coconut and lime avocado together for a delicious snack, light lunch or as a side. Enjoy!

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