

# Sweet Potato Fries

## You will need -

Chopping Board  
Knife  
Potato Peeler (optional)  
Bowl  
Baking Tray

## Ingredients –

*(These are suggestions, you can use other similar ingredients, remember to think local and seasonal, try and use fresh ingredients, be as colourful as possible, and stick to your portion sizes)*

Sweet Potatoes  
Oil

## Seasoning -

Rosemary

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## Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



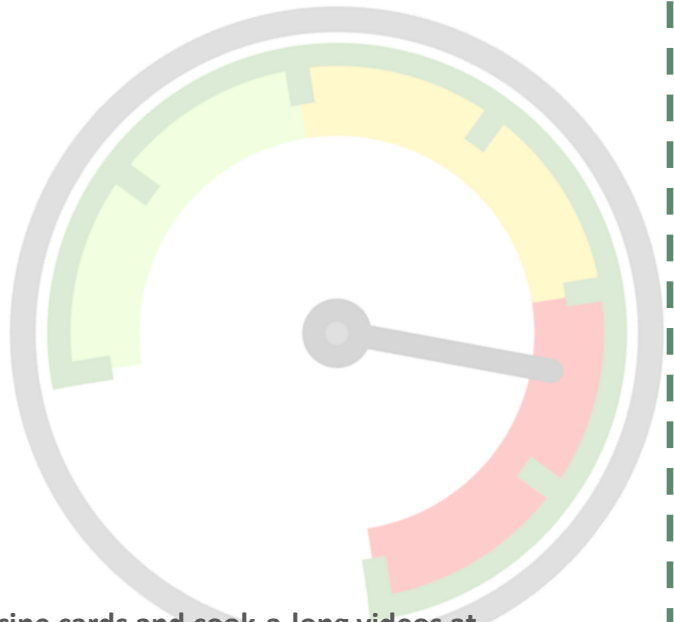
# Sweet Potato Fries

## Method -

1. Pre-heat the oven to 220°/200°fan
2. Use a potato peeler or knife to peel the potatoes
3. On a chopping board use the bridge hold to cut the potatoes in half long ways
4. Use the claw grip to cut lengths of potato to create the fries
5. Place in a bowl with a small amount of oil and sprinkle with seasoning
6. Gently coat the potato fries by mixing with your fingertips
7. Place on a baking tray in a single layer
8. Bake for 15-20mins or until golden and crisp
9. Remove from the oven and serve

## Notes -

Eat immediately



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[www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme](http://www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme)