

Sweet Potatoes Fries

Ingredients:

- 3 Sweet Potatoes
- 3 tbsp of Natured Extra Virgin Red Palm Oil
- 1 tbsp of Sea Salt
- Black Pepper (for taste)

Steps:

- Slice the sweet potatoes into strips and soak in a large bowl of hot water for 5 minutes.
- Preheat oven to 240°C and place rack on the lowest setting.
- Prepare baking sheet with 2 tbsp of Natured extra virgin red palm oil and sprinkle with salt.
- Drain the sweet potatoes and dry in a cloth. Toss the potatoes in 1 tbsp of Natured extra virgin red palm oil before lining them up on the baking sheet.
- Cover the sweet potatoes with aluminium foil and bake for 10 minutes.
- Remove the aluminium foil and continue to bake for 30 minutes until golden in colour.
- Season with salt and pepper to taste.

