

# **SWEET POTATO FRIES RECIPE**

## **STEP - BY - STEP**

### **\*\*PREPARE THE SWEET POTATO\*\***

**WASH AND PEEL THE SWEET POTATO IF DESIRED.**

### **\*\*CUT THE SWEET POTATO\*\***

**SLICE THE SWEET POTATO INTO 1/4 INCH THICK CUTS. YOU CAN USE A COOKIE CUTTER TO STAMP SHAPES OUT OF THE SLICES OR SIMPLY CUT THEM INTO STRIPS TO CREATE FRIES.**

### **\*\*SEASON THE FRIES\*\***

- PLACE THE CUT SWEET POTATO PIECES IN A BOWL.**
- SPRINKLE WITH 1 TEASPOON OF SALT AND SPRAY LIGHTLY WITH GARLIC SPRAY OR PAM, ENSURING ALL PIECES ARE WELL COATED.**

### **\*\*AIR FRY\*\***

- PREHEAT YOUR AIR FRYER TO 375°F (190°C).**
- PLACE THE SEASONED SWEET POTATO FRIES IN THE AIR FRYER BASKET IN A SINGLE LAYER.**
- COOK FOR 10 MINUTES, SHAKING THE BASKET HALFWAY THROUGH FOR EVEN COOKING.**

### **\*\*SERVE\*\***

**ONCE DONE, REMOVE THE FRIES FROM THE AIR FRYER AND LET THEM COOL SLIGHTLY BEFORE SERVING. ENJOY!**

## **INGREDIENTS**

- 1 SWEET POTATO**
- 1 TEASPOON OF SALT**
- GARLIC SPRAY OR PAM (COOKING SPRAY)**