

## OUR RECIPE

VEGGIE  
RECIPE

# Vegetable Fries

## Sweet Potato Fries

Serves 4

### INGREDIENTS

- 4 sweet potatoes
- 20 ml olive oil
- Salt and pepper for seasoning

### METHOD

1. Heat the oven to 200°C/180°C fan/ gas 6.
2. Line baking trays with non-stick baking paper. Cut the sweet potato into chips and place on the baking tray. Bake for 20 minutes, then remove and drain.
3. Put the chips into a large shallow bowl and toss with the salt. Spray lightly with the olive oil spray and toss, using your hands.
4. Cook for about 20 minutes, until the vegetables are browned and tender.



## Pumpkin Fries

Serves 4

### INGREDIENTS

- 1 pumpkin
- 20 ml olive oil
- Salt and pepper for seasoning

### METHOD

1. Preheat the oven to 200°C/180°C fan/ gas 6.
2. Line 2 baking trays with non-stick baking paper. Cut the pumpkin into chips and place on the baking tray. Bake for 20 minutes, then remove and drain.
3. Put the pumpkin chips into a large shallow bowl and toss with the salt. Spray lightly with the olive oil spray and toss, using your hands.
4. Cook for about 20 minutes, until the vegetables are browned and tender.



Save the pumpkin seeds to make a delicious healthy snack