

Spiced Sweet Potato Wedges

Traffic light category: **Green**

Serves: 8



Ingredients

2kg sweet potato
50mL grapeseed oil
1 teaspoon sea salt
1 tablespoon ground paprika
1 tablespoon ground coriander
2 tablespoon ground cumin
1 teaspoon ground oregano
1 teaspoon ground chili
200g light sour cream
1 lemon, juiced
Small pinch fresh coriander

Method

1. Preheat oven to 180°C
2. Cut potato into long wedges
3. Toss in a bowl with oil and spices
4. Line a baking tray with baking paper, tip sweet potato onto tray and spread out evenly with skin down
5. Roast in oven for 20-25 minutes or until golden brown and crisp
6. Combine sour cream, lemon juice and coriander in small bowl
7. Serve wedges with sour cream.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1280kJ	443kJ
Protein	6.6g	2.3g
Total fat	12g	4.2g
Saturated fat	4g	1.4g
Carbohydrate	37g	13g
Sugars	15g	5.4g
Dietary fibre	9g	3.1g
Sodium	324mg	112mg



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