

Sweet Potato Fries

Ingredients	Amount	Have it
Olive oil	1 1/2 tbsp	<input type="checkbox"/>
Sweet Potatoes (medium, cut evenly into chips)	3 ----	<input type="checkbox"/>
Onion Powder	1/4 tsp	<input type="checkbox"/>
Garlic Powder	1/4 tsp	<input type="checkbox"/>
Paprika	1/2 tsp	<input type="checkbox"/>
Sea salt to taste	----	<input type="checkbox"/>
Season All	1 tsp	<input type="checkbox"/>

Method:

1. Heat oven to 350 degrees F/180 degrees C/Gass Mark 4.
2. Put the potato into the bowl and sprinkle with oil.
3. Add the other ingredients, and gently mix with hands until all the chips are coated.
4. Lightly grease a baking tray, or cover tray with baking sheet.
5. Lay the potato fries on the baking tray in a single layer.
6. Bake until the fries are tender, about 20 mins.
7. Turn the oven up to 425 degrees F/220 C/Mark 7 and cook for 5-8 minutes or until the fries are brown.
8. Eat and enjoy!