

## Sweet potato wedges with avocado dip



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Preparation 20 mins | Cooking 40 mins | Serves 4 as a side dish

1 kg small orange sweet potatoes (kumara), scrubbed and dried  
Olive oil cooking spray  
Sweet chilli sauce, to serve

### Avocado dip:

1 medium ripe avocado  
1 tbs lime or lemon juice  
2 tbs reduced fat sour cream

**STEP 1** Preheat oven to 200°C/180°C fan-forced. Cut sweet potatoes lengthways into thick wedges. Arrange in a single layer on 2 large baking trays lined with baking paper. Liberally spray with oil to coat. Season with salt and pepper. Roast, tossing once, for 30 minutes. Increase oven heat to 220°C/200°C fan-forced and roast for a further 5-10 minutes until crisp and golden.

**STEP 2** Meanwhile, to make the avocado dip, peel, deseed and chop avocado. Place avocado and lime juice into a bowl. Mash until smooth. Stir through sour cream. Serve dip with sweet potato wedges and sweet chilli sauce.

## Good for you...

### ORANGE SWEET POTATO (KUMARA)

*Like other orange coloured vegetables, kumara is rich in a range of carotenoids, including beta carotene, which the body converts to vitamin A (needed to for normal vision and the structure of our skin). Kumara is a natural source of vitamin C, which is needed for the normal functioning of the immune system. A good source of vitamin E, which helps protect cells from damaging free radicals. A source of dietary fibre which is needed for the normal functioning of the intestine.*

