

Sweet Potato Wedges with Homemade Dukkah



Teaming up again with the lovely Amy Barrett from @chocdaisy and this time we asked Amy for a savoury favourite. We loved that she came back with something so simple and perfect for the season also. Plus, a great change to the usual white potato chip, sweet potato is rich in Vitamin A and a good source of fibre and minerals. With the added flavour of homemade dukkah, featuring a gorgeous combination of nuts, seeds and spices, this recipe is a must try.

Great after a long days work or at the end of the week when you don't feel inspired to cook too much.

Serving size: Serves 2

Ingredients:

1 large Sweet potato

1 tablespoon of coconut oil

Method:

1. Heat the oven to 180°C and put an oven tray in to heat whilst you are chopping up the washed sweet potato (leave the skin on for extra nutrients, fibre and yumminess).
2. Once your oven tray is nice and hot add a tablespoon of coconut oil to the tray giving it time to melt then add your sweet potato chips. Bake for about 40mins – 1 hour depending on how hot your oven is and how caramelised you would like them.

Making your Dukkah

Ingredients:

100g macadamia nuts

50g whole raw almonds

50g pistachio kernels

50g of combination seeds, pepitas, sunflower and sesame

2 teaspoons ground turmeric
1/8 teaspoon cayenne pepper
1/2 teaspoon salt
1/2 teaspoon cumin seeds
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon ground black pepper
1 dessert spoon dulce flakes
1 dessert spoon black sesame seeds
1 teaspoon sumac

Method:

1. Combine the seeds and nuts on a baking tray and toast in the oven at 180' c for 6 minutes (leaving out the black sesame seeds).
2. Add the spices (except for the sumac) and toast for a further 2-3 minutes or until fragrant, then allow to cool.
3. Once toasted, pop into a food processor along with the dulce flakes, black sesame seeds and sumac and blend until still a littel chunky.
4. Spread back onto the tray and allow to cool
5. Sprinkle over your hot baked sweet potato chips and serve with homemade guacamole and a variety of fresh greens. Skys the limit.

Inspiration:

Great served alongside baked fish for homemade healthy 'fish and chips', or to complement any roast.

Gluten Free | Dairy Free | Vegetarian | Vegan | Refined Sugar Free

To see more recipes from Amy, visit her instagram page [here](#).