

# Loaded Sweet Potato fries



This indulgent treat is the perfect sharing snack or side dish!  
You can choose to add more sauce or less if you prefer but the outcome is still the same, beautifully delicious, indulgent fries!

## What you'll need:

Mixing bowl x 2, measuring spoons, air fryer or baking tray.

## Ingredients

- One whole sweet potato cut into chip/wedge shapes
- 1 tbsp curry powder (homemade or shop bought)
- 2 tbsp vegetable oil
- 4 tbsp plain plant based yogurt
- 1 tsp mint sauce
- 1 tsp cayenne pepper
- 2 inch chunk of cucumber, sliced into thin strips then halved
- 1 spring onion chopped
- 1 slice of white onion finely chopped
- 20g grated plant based cheese and a little extra for topping



## Method

1. Put the sweet potato fries in a mixing bowl with the oil and curry powder and mix well. Making sure all the fries are coated.  
If using an oven preheat to gas mark 6 and put sweet potato fries in a baking tray in the middle of the oven for twenty-five minutes.  
If using the air fryer set for twenty-five minutes.
2. To make the sauce mix the yogurt, mint sauce, cayenne pepper, cucumber, white onion and grated cheese.
3. When the sweet potato fries are cooked add them to a serving bowl and generously spoon over the sauce. Add the spring onion last, sprinkling over the top with a little extra cheese!
4. Enjoy sharing or if you're extra hungry keep them all to yourself!