ENVIROFIT®
SMARTER LIVING

& The SuperSaver Charcoal PRESENT

#ENVIROFIT
SUPERCHEF
MODERN TWISTS

Crispy Sweet Potatoes

Ingredients

- 2 sweet potatoes diced like chips
- 1 chopped onion
- 2 chopped garlic clove
- 1 teaspoon tumeric
- Cooking oil

Preparation Method

1. Light your Envirofit SuperSaver Charcoal jiko using a ½ tin of charcoal.
2. Heat a pan to medium heat with a little cooking oil
3. In a bowl, combine the onions and sweet potatoes with the turmeric. Add the garlic and mix.
4. Fry for about 10 minutes, until the sweet-potatoes are crispy.
5. Sprinkle some salt and serve hot as a snack or with a meat sauce as a main dish.

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