

## HASSLEBACK SWEET POTATOES

SERVES 6 / PREPARE 5 MINS / COOK 40-50 MINS

### Ingredients

- 12 Baby sweet potatoes
- 2tbsp Refined olive oil
- 2 Garlic cloves – minced
- 6 Bay leaves

### Instructions

Preheat your oven to 180C.

Scrub the sweet potatoes and sit them on a chopping board.

You can cut off a thin slice from the bottom to make them sit nicely on your chopping board. With a sharp knife cut ¼ cm slices without cutting through the bottom so they still hold together. We put our sweet potatoes in between two chopsticks to avoid cutting all the way to the bottom.

Mix the oil, garlic and salt in a little bowl and brush the mix into the sweet potato slits.

Arrange the sweet potatoes on a lined baking tray and roast for 20minutes. Brush the potatoes again with the remaining oil.

Baking would have opened the slits so it'd be easier to get the oil all the way to the bottom of each cut.

Tear the bay leaves in 2 or three pieces and stick them in between potato slices.

Roast for another 20-30min until very soft and starting to caramelise.



### Nutrifacts



**Sweet potato** is high in FIBRE that helps intestinal health & transit fatty acids. Sweet potatoes are high in POTASSIUM to help maintain healthy blood pressure. Sweet potatoes contain good levels of BETA-CAROTENE, an antioxidant responsible for their bright orange colour that the body can transform in VITAMIN A.

VITAMIN A is fundamental to maintain good vision in poor lighting conditions as well as keeping healthy skin and act as anti-oxidant to protects our bodies from the damage generated by free-radicals.

Refined **OLIVE OIL** has a higher smoke point than extra virgin olive oil so it is ideal for roasting or frying at high temperatures. For salads, it is best to use extra virgin olive oil as it contains more of the beneficial monounsaturated fats.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.