



SHOPPING LIST

- 600g** Sweet Potatoes
- 25ml** Vegetable Oil
- 1x** White Onion
- finely diced
- 1x** Tin of Mixed Beans
- 1 tsp** Garlic Puree
- 80g** Tomato Puree
- ½ tsp** Smoked Paprika
- 300ml** Water
- 20ml** Lemon Juice
- 35g** Brown Sugar
- ½ tsp** Dried Mixed Herbs
- 50g** Cheddar Cheese
- grated
- Pinch** of Salt and Pepper

Active
Canaries

Strategic
partnership



PLAYER MENU

TEAM:

MAKAMA

Loaded Sweet Potato Wedges

METHOD

1. In a pan gently fry the onions and garlic puree. Cook for one minute.
2. Add tomato puree, smoked paprika, lemon juice, brown sugar and mixed herbs and bring to the boil.
3. Add the water and mixed beans and simmer for 10 minutes or until thickened.
4. To make the wedges, wash the sweet potatoes and cut into small wedges. Place the wedges on a lined baking sheet and lightly brush with oil. Bake at 180°C for 20-30 minutes until lightly golden.
5. Serve the sweet potato wedges topped with the BBQ Mixed Beans and top with grated cheese.
6. Serve with mixed salad and enjoy!

SERVES 4

