

LOVE THY CARROT

real food made with love

...

SWEET POTATO SHOESTRING FRIES WITH CHIPOTLE MAYO DIPPING SAUCE

This recipe serves 2

INGREDIENTS FOR THE SWEET POTATO FRIES

1 large sweet potato
1 - 2 tablespoon extra virgin olive oil
pink salt, to taste

DIRECTIONS FOR THE SWEET POTATO FRIES

1. Preheat the oven to 400 degrees. Spread the sweet potatoes on a large baking sheet covered with parchment paper. Drizzle with the olive oil and salt.
2. Bake for 15 minutes, then take out of the oven and toss.
3. Bake for another 15 minutes, now is the time to keep checking the fries to make sure they don't burn. You will get some areas that will start to brown quickly just removed them as they become done, and put the rest of them back in the oven.
4. Serve with the chipotle mayo.

INGREDIENTS FOR THE CHIPOTLE MAYO DIP

1 cup mayonnaise, I like [Vegenaise](#) but use your favourite brand
1 tsp minced canned chipotle chili in adobo sauce, plus 1 tsp sauce
zest from half a lime
2 tsp lime juice

DIRECTIONS FOR THE CHIPOTLE MAYO DIP

1. In a bowl, mix mayo, chipotle, adobo sauce, lime zest and lime juice.
2. Cover and chill until ready to use.
3. Remove from heat and let cool.

COOKS NOTES

I do not bother to peel the sweet potatoes, I just wash them really well.
Use the smallest blade for spiralizing.