Sweet potato wedges

Recipe by V-ZUG Ltd.



Preparation	20 Mins
Cooking time	20 Mins
Portions	4
Appliance	CombiSteamer V6000 PowerSteam from 2022

with root vegetables and pecan nuts

Vegetables

600 g sweet potatoes

400 g parsnips

300 g carrots

4 tbsp walnut oil

3 tbsp acacia honey

1 tbsp sambal oelek

100 g pecan nuts, coarsely chopped

Some salt

Vegetables

Peel the sweet potatoes, parsnips and carrots and cut into about 2 cm thick wedges. Stir the oil, honey and sambal oelek together in a bowl.

Put the vegetables in the lined hardened glass dish and bake in the middle shelf position at 230 °C for 10 minutes using the Power hot air with steaming mode.

Carefully turn the vegetables over and then scatter the pecan nuts over the top. Bake for a further 10 minutes.

Season with salt after baking and serve.

Cooking steps

Power hot air with steaming 230 °C for 10 Mins

Add ingredients. Continue baking.

Power hot air with steaming 230 °C for 10 Mins

Accessories

Hardened glass dish

Additional information

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