



# Sweet potato wedges

Recipe by V-ZUG Ltd.



|              |                                            |
|--------------|--------------------------------------------|
| Preparation  | 20 Mins                                    |
| Cooking time | 20 Mins                                    |
| Portions     | 4                                          |
| Appliance    | CombiSteamer V6000<br>PowerSteam from 2022 |

with root vegetables and pecan nuts

## Vegetables

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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

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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

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**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

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Hardened glass dish

## Additional information

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