

BBQ sweet potato wedges with jerk mayo

Ingredients for 4 persons:

3-4 large American sweet potatoes
1 tsp Chili flakes
1 tsp Rock salt
1 tsp Dried thyme

Jerk mayo:

3-4 tsp Mayo
1 tsp Cayenne pepper
½ tsp Ground ginger
½ tsp Onion powder
½ tsp Garlic powder
2 tsp Olive oil
½ tbsp Brown sugar
½ tsp Dried thyme
½ tsp Ground allspice
Juice from ½ lemon



Directions:

1. Thoroughly wash the potatoes with the skin on and then chop into shapes of wedges.
2. Add the potatoes into a boiling pot of water and parboil for 6-7 minutes.
3. Remove the potatoes from the boiling pan and set aside to cool down.
4. Season the potatoes with salt, pepper and thyme before placing them on a BBQ (a chargrill skillet will also work).
5. Cook the potatoes for 3-4 minutes on each side or until you have some nice brown charcoal marks on them.
6. Add some Mayonnaise into a small mixing bowl, followed by the rest of the jerk seasoning spices. Squeeze 1/2 a lemon juice into the mayo sauce and whisk until smooth.
7. Serve up the BBQ sweet potatoes with the jerk mayo dip.

American Sweet Potato Marketing Institute

Contact: mk² gmbh, Oxfordstraße 24,
D-53111 Bonn, fon: +49 228/943 787 – 0,
email: info@mk-2.com

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Preparation time: approx. 30 minutes (without waiting time)

Nutrition facts per serving:

Energy: 420 kcal/ 1760 kJ

Carbohydrates: 61 g

Protein: 4 g

Fat: 15 g

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