

Cajun spiced sweet potatoes

Cuisine: English

Food category: Vegetables



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Company: Retigo



Program steps

Preheating: 200 °C

1 Hot air 100 % Termination by time 00:40 hh:mm 180 °C + 100 %

Ingredients - number of portions - 4

Name	Value	Unit
sweet potatoes	4	pcs
garlic	1	pcs
cajun spice	5	g
greek yogurt	200	g
cabbage leaves, cleaned	4	pcs
olive oil	10	ml
red wine vinegar	10	ml
salt	1	g
freshly ground black pepper, ground	1	g

Directions

Clean the sweet potatoes and make 3 cm slices. Put them into the GN container, add the garlic, olive oil, red wine vinegar and season with salt and pepper and cajun spice. Bake the potatoes for 40 minutes on hot air mode 180°C. When done squeeze the garlic into the yogurt, season with salt and pepper. Slice the spring onion. Put the yogurt on plate and spread it all over it, top with baked sweet potatoes and garnish with sliced spring onion.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	51.3 kJ
Carbohydrate	2.5 g
Fat	2.5 g
Protein	4.2 g
Water	0 g

Recommended accessories



Enameled GN container