

crispy sweet potato
with
orange rosemary
syrup



Who says healthy cannot be absolutely delicious??? This crispy sweet potato with orange and rosemary syrup will prove healthy can also be tasty!

Ingredients

5 1/2 thick inch sweet potato slices, cooked	2 tablespoons of honey
1 weetabix biscuit, crushed	1 teaspoon of fresh rosemary, finely chopped
1 egg	2 large oranges, juiced

Method

In a sauce pan, place your freshly squeezed orange juice, honey and rosemary. Let this simmer on medium low heat for about 10-20 minutes.

As the sauce is going, get working on your sweet potatoes.

Beat your egg in a bowl and set it aside. In another bowl, crush your weetabix biscuit until the particles are very fine and set them aside too.

Take your sweet potato, dip it in the egg, then toss it in the weetabix crumbs until fully coated. Shallow fry in some oil until crispy. The point is to flash fry so that very little oil is soaked up and the coating stays super crispy.

After they are done, drain them on a paper towel and plate them. Check whether your sauce has thickened and when it has, drizzle it over the coated sweet potatoes.



SERVE WITH: hot tea/ coffee/ milk

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/crispy-sweet-potato-with-orange-rosemary-syrup/>