



Traffic light category: **Green**

Serves: **8**

## Ingredients

- 2kg sweet potato
- 50mL grapeseed oil
- 1 teaspoon sea salt
- 1 tablespoon ground paprika
- 1 tablespoon ground coriander
- 2 tablespoon ground cumin
- 1 teaspoon ground oregano
- 1 teaspoon ground chili
- 200g light Greek yogurt
- 1 lemon, juiced
- Small pinch fresh coriander

## Method

1. Preheat oven to 180°C
2. Cut potato into long wedges
3. Toss in a bowl with oil and spices
4. Line a baking tray with baking paper, tip sweet potato onto tray and spread out evenly with skin down
5. Roast in oven for 20-25 minutes or until golden brown and crisp
6. Combine Greek yogurt, lemon juice and coriander in small bowl
7. Serve wedges with yogurt dip.

**Top Tip:** the wedges can be cooked alternatively in an air fryer for a crispy finish, keep an eye on them as they may cook quicker

*Recipe adapted with permission from the Western Australian School Canteen Association Inc.*

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