



SOETPATATS (SWEET POTATOES)

HEAT LEVEL 

Savor the natural sweetness of our Soetpatats (sweet potatoes) - oven-roasted to perfection for a simple, satisfying, and flavorful side dish.

30 Mins

4 Servings

INGREDIENTS

500 g sweet potatoes
50 g butter or margarine
200 ml ($\frac{3}{4}$ cup) light brown sugar
1 cinnamon stick
30 ml (2 Tbsp) Spur Salad & French Fry Dressing
Salt to taste

METHOD

- 1 Peel sweet potatoes and cut into large pieces. Set aside.
- 2 Melt butter in a medium, heavy-based saucepan. Add your sugar and stir until sugar has melted. Boil until the mixture turns into a light caramel colour.
- 3 Add sweet potatoes and mix well with the melted sugar and butter.
- 4 Add cinnamon stick and salt, simmer over low heat for about 15 minutes or until almost soft.
- 5 Add Spur Salad & French Fry Dressing and simmer for a further 5 minutes until sweet potatoes are soft. Serve immediately.

VARIATIONS

None

