



Hasselback baked sweet potato

Serves 1

Prep time: 5 minutes

Cooking time: 40 minutes

Per portion

Calories: 187

Fat: 1.6g

Saturates: 0.3g

Carbs: 38.3g

of which sugars: 10.3g

Fibre: 4.6g

Protein: 2.3g

Salt: 0.66g

Ingredients:

- 1 sweet potato approx. 180g (with skin)
- 1 clove of garlic, cut in half
- Rapeseed oil spray
- Salt and black pepper

Instructions:

Preheat the oven to 200C, 400F, Gas Mark 6

Wipe clean the potato and then dry (do not peel). Rub the outside with the cut garlic clove (discard the garlic)

Cut slices into the potato 3 mm apart and about 8 mm from the bottom. Place on a baking tray.

Spray with a little rapeseed oil, and season with the salt and black pepper and place in the top part of the oven.

Serve hot.