Recipe source:

**Fresh from the garden:** Sweet Potatoes

**Ingredients (version 1):**
- 2 orange sweet potatoes, peeled
- Vegetable oil, to deep fry
- Chicken salt

**Ingredients (version 2):**
- 2 orange sweet potatoes, peeled and thinly sliced
- 3 Tablespoons olive oil
- Cumin, paprika and sea salt to taste

**What to do (version 1):**

Use a vegetable peeler to slice the sweet potatoes lengthways into thin ribbons.

Line a baking tray with 2 layers of paper towel.

Add enough oil to a large saucepan to reach one-third of the way up the side of the pan.

Heat to 180C over medium – high heat (to test if the oil is ready, drop a cube of bread into the hot oil, the bread should turn golden brown within 15 seconds).

Add one-quarter of the sweet potato to the pan and cook for 1 minute until crisp. Use tongs to transfer to the lined tray. Repeat, in 3 more batches, with the remaining sweet potato.

Place the chips in a large serving bowl. Season with chicken salt and serve.

**What to do (version 2 – the healthier option):**

Preheat the oven to 200C. Line two baking trays with baking paper.

In a large bowl toss the sweet potato slices with the oil, cumin, paprika and sea salt.

Spread the slices evenly over the trays and bake for 10 minutes. Flip them over and bake for an additional 10-12 minutes, or until they are golden brown.

Place in a bowl and serve. Add additional sea salt if necessary.