

It's every tunnel kitchen manager's mission to keep the community's Vitamin A levels up. So ... that means lots of beta carotene-rich vegetables on the menu.

William likes to keep things spicy, and he's found a sure-fire winner in this recipe. Even the kids like it!

Easy and unusual and a little fiery. Make a yogurt/lemon/garlic sauce to go alongside for cooling dip. From *Simple* by Yotam Ottolenghi.

## SWEET POTATO FRIES

**Serves 6 - 8 as a side**

3 very large sweet potatoes, peeled and sliced into thick fries, or cut into chunks (either way)

1 tbsp sweet smoked paprika

1/2 tsp cayenne

3 garlic cloves, crushed

3 tbsp instant polenta

7 tbsp olive oil (or less, but use enough so the potatoes don't stick to the pan)

flaked sea salt

1 tbsp sumac (see note for substitutions)

1. preheat the oven to 450 degrees
2. Mix the sweet potatoes in a large bowl with the paprika, cayenne, garlic, polenta, oil, and 1 tsp of the salt
3. Line two baking sheets with parchment paper and turn the sweet potatoes and all the oil onto the pan. Spread everything out as best you can.
4. Roast for 25 - 30 minutes, turning the potatoes over (gently) once or twice, until they're crisp and golden brown.
5. Remove from the oven and sprinkle with the sumac and 1 tsp of flaked sale and serve hot.

NOTE: Sumac is a tart, citrusy powder of the fruit of the sumac shrub and is common in Middle Eastern dishes. Substitute lemon zest, lemon juice, lemon pepper seasoning, or vinegar.

<https://www.thespicehouse.com/blogs/news/sumac-spotlight>