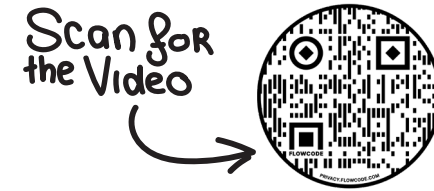


SWEET POTATO FRIES W/ VEGAN AIOLI



Prep time: 15m
Total time: 45m



INGREDIENTS

fries

- o 2-3 large sweet potatoes
- o 2 tbsp avocado oil
- o 1 teaspoon garlic powder
- o sea salt
- o freshly ground black pepper

garlic aioli

- o 130 grams cashews
- o 180 ml water
- o 1 tbsp avocado oil
- o 3-4 garlic cloves
- o juice of 1/2 lemon

DIRECTIONS

1. Preheat the oven to 220 degrees C and line a baking sheet with parchment paper
2. Wash and dry the sweet potatoes. Cut into stripes of about 2 cm width and 6 cm in length. Place on baking sheet and drizzle with oil, garlic powder, salt and black pepper. Toss the potatoes with your hands and arrange the potatoes in a single layer on the sheet. Place baking sheet on the middle rack and bake for 25-30min.
3. While the potatoes bake, place cashews, water, garlic cloves and lemon juice into a blender. Blend until it is creamy. Add some salt and pepper to desired taste.



.... less CO2 emissions



.... less plastic



.... less waste

FOODLOOPBOX BARCELONA

Creating a sustainable food loop that will increase the local sustainable economies and will improve the health of people and the planet

PARTNERS



Go Zero Waste informs people about stores with sustainable products and opportunities to shop waste free

Espigoladors is a company that aims to reduce food waste and prevent social exclusion through collecting leftover fruits and veggies and hiring people in need



Sustainable tapas is a platform that organizes events and summits to provide climate information, to start a transition to a more sustainable diet

The Delft University of Technology and the Cornell University support the foodloop project by providing knowledge.



TU Delft