



# Smoky Sweet Potato Fries and 3 Special Dips

with Baconnaise, BBQ Sauce and Guacamole

Special Sides 30-35 Minutes • 3 of your 5 a day

3A

Find all your unchilled Market items in bag A.



Sweet Potato



Smoked Paprika



Bacon Lardons



Mayonnaise



BBQ Sauce



Smashed Avocado

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan and bowl.

## Ingredients

Ingredients	Quantity
Sweet Potato	2
Smoked Paprika	1 sachet
Bacon Lardons**	60g
Mayonnaise <b>8</b> <b>9</b> )	64g
BBQ Sauce	64g
Smashed Avocado**	1 pot

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>396g</b>	<b>100g</b>
Energy (kJ/kcal)	2333 /558	589 /141
Fat (g)	25.1	6.3
Sat. Fat (g)	4.9	1.2
Carbohydrate (g)	69.7	17.6
Sugars (g)	22.6	5.7
Protein (g)	11.2	2.8
Salt (g)	2.29	0.58

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### **8**) Egg **9**) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Make your Sweet Potato Fries

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

**b)** Pop the **fries** onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **smoked paprika** and season with **salt** and **pepper**. Toss to coat. Spread out in a single layer.

**TIP:** Use two baking trays if necessary.

**c)** When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.

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## Make the Baconnaise

**a)** Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

**b)** Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

**c)** Once cooked, remove the pan from the heat and add the remaining **smoked paprika**. Stir to combine, then transfer to a small bowl and allow to cool, 10-15 mins.

**d)** Once cooled, add the **mayonnaise** to the **bacon lardons**. Mix to combine, then set aside your **baconnaise** for serving.

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## Dip, Dip, Hooray

**a)** Once roasted, add your **sweet potato fries** to a serving dish.

**b)** Serve the **BBQ sauce**, **guacamole** and **baconnaise** in 3 separate small pots alongside for dipping.

Enjoy!