

Makes 5 cups



PREP: 5 minutes  
COOK: 10–12 minutes

date  
me

Tupperware®

## Simple Sweet POTATO FRIES

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2 qt./2 L vegetable oil  
1 lb./455 g sweet potatoes  
3 tbsp. corn starch  
1 tsp. Simple Indulgence Steak & Chop Seasoning Blend

1. In Chef Series 6-Qt./5.7 L Dutch Oven over medium heat, bring oil to 350° F/175° C. Use a frying or candy thermometer to monitor temperature.
2. Set both knobs of Time Savers Mandoline™ to #9 and select the crinkle v-shaped blade insert. With potato secured in the food guider, in one smooth motion, slide potato through the first set of strip blades to julienne and then turn the food guider and potato 90° before pushing through the crinkle v-shaped blade.
3. Place corn starch and potatoes in Season-Serve® Container, seal, shake to coat, shaking off excess.
4. Fry in batches, stirring occasionally, and raising heat setting as needed to maintain frying temperature, 10–12 minutes until golden and crisp. Drain well and season immediately with seasoning blend.

Nutritional Information (per serving):  
Calories: 200 Total Fat: 10g Saturated Fat: 1.5g Cholesterol: 0mg Carbohydrate: 28g Sugar: 5g Fiber: 3g  
Protein: 2g Sodium: 180mg Vitamin A: 320% Vitamin C: 4% Calcium: 4% Iron: 4%

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