

Sweet Potato Fries Recipe: Crispy and Perfectly Seasoned

This sweet potato fries recipe stands out for several reasons:



OVEN
425°F

TIME
10 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 large sweet potatoes
2 tablespoons olive oil
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon black pepper
Optional: 1/4 teaspoon cayenne pepper for heat

DIRECTIONS

- 1.** Preheat the : Oven: Preheat your oven to 425°F (220°C). A hot oven is crucial for achieving that crispy texture.
- 2.** Prepare the : Sweet Potatoes: Peel the sweet potatoes and cut them into thin, even strips. Aim for about 1/4 inch thick to ensure they cook evenly.
- 3.** Soak the : Fries: Soak the cut sweet potatoes in cold water for at least 30 minutes. This step helps to remove excess starch, which contributes to crispiness.
- 4.** Season the : Fries: Drain and pat the sweet potatoes dry. In a large bowl, toss them with olive oil, paprika, garlic powder, onion powder, salt, black pepper, and cayenne pepper if using. Make sure each fry is well-coated.
- 5.** Arrange on a : Baking Sheet: Spread the fries in a single layer on a baking sheet lined with parchment paper. Avoid overcrowding to ensure they bake evenly.
- 6.** Bake: Bake in the preheated oven for 25-30 minutes, flipping halfway through. Keep an eye on them to prevent burning; they should be golden brown and crispy.
- 7.** Serve: Once done, remove from the oven and let them cool for a few minutes before serving. Enjoy them hot!

TIPS FOR SUCCESS

Experiment with Seasonings: Feel free to get creative with your seasonings.

Try adding cumin, chili powder, or even a sprinkle of parmesan cheese for a different flavor.

Use a Mandoline: For perfectly uniform fries, consider using a mandoline slicer.

This will help them cook evenly and achieve that desired crispiness.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-potato-fries-recipe-crispy-and-perfectly-seasoned/>