

Candied Sweet Potatoes



Serves 3

Prep 10 mins

Cooking 30 mins

Easy

Ingredients

3 sweet potatoes

1/4 tsp salt

1/2 cup dark brown sugar, firmly packed

1/4 cup water

2 tbsp butter

1/2 tbsp lemon juice

1. Cook the potatoes in their jackets in boiling salted water until nearly tender. Drain, peel & cut into 1½ cm slices. Place in a greased, shallow baking dish and sprinkle with some salt.
2. Combine the sugar, water and butter in a separate pan and cook several minutes until the sugar is dissolved. Stir in lemon juice and pour over the potatoes. Bake in a preheated oven at 190 C/ Fan 170/ Gas 5 for 20-30 mins, basting occasionally with the syrup.