

# Caramelised Sweet Potatoes



**Serves 4    Prep 45 mins + cooling    Cooking 40 mins    Easy**

## **Ingredients**

50g sweet potatoes  
55g butter + extra for greasing  
25g brown sugar, maple syrup or honey  
2 tbsp orange or pineapple juice  
55g pineapple pieces (optional)  
pinch ground cinnamon, nutmeg or mixed spice

1. Scrub the sweet potatoes, but do not peel. Bring a large saucepan of salted water to the boil. Add the sweet potatoes and cook for 30 - 45 mins, depending on their size, until just tender. Remove from the heat and drain well. Leave to cool, then peel.
2. Preheat the oven to 200C/180C Fan? Gas 6. Thickly slice the sweet potatoes and arrange in a single overlapping layer in a greased ovenproof dish. Cut the butter into small cubes and dot over the top.
3. Sprinkle with the sugar and fruit juice. Add the spices and pineapple pieces if using.
4. Bake in a preheated oven, basting occasionally, for 30 - 40 mins until golden brown. Serve hot.