

Soetpatats (sweet potatoes)



OH SO SWEET, BUT OH SO DELICIOUS!

INGREDIENTS

- 500 g sweet potatoes
- 50 g butter or margarine
- 200 ml (¾ cup) light brown sugar
- 1 cinnamon stick
- [30 ml \(2 Tbsp\) Spur Salad & French Fry Dressing](#)
- Salt to taste



METHOD

1. Peel sweet potatoes and cut into large pieces. Set aside.
2. Melt butter in a medium, heavy-based saucepan. Add your sugar and stir until sugar has melted. Boil until the mixture turns into a light caramel colour.
3. Add sweet potatoes and mix well with the melted sugar and butter.
4. Add cinnamon stick and salt, simmer over low heat for about 15 minutes or until almost soft.
5. Add Spur Salad & French Fry Dressing and simmer for a further 5 minutes until sweet potatoes are soft. Serve immediately.