

Japanese Sweet Potato Oven Fries with Wasabi Aioli

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/steam-japanese-sweet-potato-recipe>

Ingredients:

- 2 Japanese sweet potatoes medium, around 700 g, scrubbed and cut into 1/2-inch thick matchsticks
- 3 tablespoons sunflower oil or other neutral vegetable oil
- 1 teaspoon brown sesame seeds
- 1 teaspoon black sesame seeds
- 3/8 teaspoon fine sea salt
- 3 pinches togarashi or cayenne powder, optional – for spiciness
- 3 crisps nori, such as Gimme brand, 2x3" each, slivered
- 2 scallions slivered
- 2 tablespoons mayonnaise good, such as Spectrum Olive Oil
- 1/2 teaspoon wasabi paste more to taste
- lemon juice squeeze

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 360 milligrams
9. Sugar: 4 grams

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