

Balsamic Glazed Sweet Potatoes

Ingredients:

2 medium sweet potatoes, peeled and cut into 2 cm cubes
¼ cup balsamic vinegar
1 tsp ground cinnamon
1 tsp ground coriander

Method:

Preheat oven to 200°C.

Line a large baking tray with non-stick baking paper.

In a large mixing bowl, toss sweet potato cubes with balsamic vinegar, ground coriander and cinnamon.

Transfer to the baking tray, and spread out the sweet potato cubes so they are in a single layer.

Bake for 30 minutes, turning every 10 minutes to ensure sweet potato is thoroughly coated with balsamic vinegar.

Variations:

Use raspberry vinegar, fig balsamic vinegar or pomegranate balsamic vinegar in place of plain balsamic vinegar.

Use other spices e.g. cumin, allspice, cardamom.