

Carrot and Sweet Potato Air Fry

Ingredients:

Onion powder

Garlic crushed

Tamari sauce

Brown sugar

Balsamic vinegar

Agar agar

Black pepper

Carrots

Sweet potato (purple ones ideal)



Instructions:

Mix all of the seasoning ingredients in a bowl, with agar agar added last.

Chop the carrots and sweet potatoes into bit sized pieces.

Coat the carrots and sweet potatoes with the seasoning mix thoroughly.

Cook in an air-fryer on high for 20 mins. Cook in a frying pan if you don't have an air-fryer.



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<https://eynsham.org.uk/org.aspx?n=GreenTEA&id=1002>