



Crazy Recipes



Pufftato

WITH AVIKO PREMIUM
SUPER LONG 7MM

makes 10

ingredients

1 kg	Aviko Premium Super Long 7 mm	1 tsp	Paprika powder
10	Sweet potatoes	1 tsp	Curry madras
200 g	Haricots verts	1 tbsp	Olive oil
200 g	Green asparagus	1 pinch	Chili powder
350 g	Chickpeas (tin, drained)	1 pinch	Chili flakes
			Salt

preparation

Preheat the oven to 200°C. Scrub the potatoes to remove any sand and poke in holes with a knife. Wrap the potatoes in tinfoil with an added dash of oil and a pinch of salt and roast them in the oven for approximately 40 minutes until they are cooked. In the meantime, blanch the haricots verts and green asparagus - avoid overcooking them. Mix the chickpeas with the olive oil and spices, spread the mixture onto a baking tray. Roast the chickpeas for approximately 20 minutes until they are crunchy, stir, turn off the oven but leave them in for 10 more minutes. Follow the instructions on the packaging to prepare the chips. Remove the tinfoil from the potatoes and cut them in half. Fill the sweet potatoes with the chips, haricot verts and asparagus. Lastly, spoon on the crunchy chickpeas and garnish with some chili flakes and salt.

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