



NUGGETS AND KAMOTE FRIES Recipe



SCAN FOR DEMO

INGREDIENTS:

- 4-6 pcs unMEAT Nuggets, fully thawed out
1 pc medium sized sweet potato, peeled and cut into long strips like a French fry
- ½ - 1 cup oil (optional, may use other methods to cook the kamote fries)
- Optional: Dipping of your choice

PROCEDURES:

1. Heat oil in a medium sized saute pan. Use medium heat.
2. When the oil is hot enough, carefully drop the nuggets in them to cook for 4-5 minutes. Color should be nice and golden. Fish them out and drain on paper towels.
3. In the same pan, carefully drop your sweet potato fries and cook until the fries are golden brown. Should take no longer than 8-10 minutes (depending on how thinly you have cut your fries). Drain on paper towels, and season with salt and pepper.
4. Serve the nuggets with the cooked fries with an optional dipping sauce on the side.



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