

Sweet potato hot dogs

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Martyna Angell of The Wholesome Cook shares her delicious sweet potato hot dogs for a tasty alternative.

Ingredients (makes 4)

When selecting the sweet potato for this recipe, opt for a fairly straight specimen that will roughly resemble the thickness of four frankfurt sausages. You can use standard hot dog buns for this recipe - for a fancier version try brioche hot dog buns, available from most supermarkets and delis, or for a slightly healthier alternative opt for sourdough torpedo rolls.

- 1 large sweet potato (see note above)
- 2 tbsp olive oil
- 1 tsp liquid smoke, optional
- 1 tsp smoked paprika
- ¼ tsp ground sea salt
- 4 hot dog buns (see note above)
- Toppings to serve (any combination of the following)
- Fried or sautéed onions
- Grated cheese
- Sauerkraut
- Sliced pickles
- Mustard

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- Tomato sauce or chipotle sauce (or both)

Method

Preheat oven to 180°C (160°C fan-forced).

Cut the sweet potato into quarters lengthways and place on a baking tray lined with baking paper. In a small bowl mix together the oil, liquid smoke if using, smoked paprika and salt. Brush the spice mixture all over the sweet potato quarters. Place in the oven and bake for 30 to 35 minutes or until the sweet potatoes are soft and are beginning to caramelize around the edges.

Meanwhile, prepare the buns by slicing in half lengthways, if needed, and prepare your choice of toppings.

When ready, remove the sweet potatoes from the oven. Place a sweet potato stick into the bun and top with your favourite toppings.

Recipes and images: Martyna Angell, [The Wholesome Cook](#).

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