Roasted sweet-potato snack portions

Read the full guide before you begin. Use this worksheet to record your own measurements, quantities and choices.

SUPPLIES TO CHECK

Trusted sweet-potato roasting recipe, oven-safe tray, food-safe containers, suitable utensils

01 PLAN

Choose a trusted roasting recipe and follow its temperature, cube size and cooking guidance. This guide covers portioning and storage; follow the recipe for cooking and doneness checks. Use an oven-safe tray suitable for the selected temperature.

02 DETAILS

Prepare and roast according to the recipe, then check the pieces are cooked through. Keep the hot tray on a heat-safe surface and use appropriate oven protection. Do not seal steaming food in unsuitable containers.

03 FINAL CHECK

Cool and refrigerate leftovers promptly using shallow suitable containers and trusted food-safety guidance. Label the packing date and keep cold when transporting. A photographed snack portion is not a nutritional serving recommendation.

MY MEASUREMENTS / QUANTITIES / CHANGES