

Hasselback Beef-Fry Pecan Sweet Potatoes

Recipe By *Chanie Apfelbaum*



Cooking and Prep:  1 h

Serves:  4

Contains: 

Preference: Meat

Difficulty: Easy

Diet: Gluten Free

Source: Family Table by
Mishpacha Magazine

Ingredients (10)

Main ingredients

- 4 sweet potatoes, sliced hasselback style (about 1/8-in./3-mm. thick)
- 1/4 cup melted coconut oil, divided
- salt, to taste
- pepper, to taste
- 4 slices beef fry, chopped
- 1/3 cup chopped pecans

2 tablespoons pure maple syrup

1/4 cup brown sugar

salt, to taste

pepper, to taste

Start Cooking

Prepare the Sweet Potatoes

1. Preheat oven to 400°F (200°C).
2. Place the sweet potatoes cut side up on a parchment-lined baking sheet. Brush with two tablespoons coconut oil and season with salt and pepper. Cover with foil and bake until potatoes are mostly tender, about 40 minutes.
3. In a skillet, fry the beef fry until crispy and drain on paper towels.
4. Mix the beef fry with chopped pecans, brown sugar, maple syrup, remaining two tablespoons coconut oil, salt, and pepper.
5. Stuff the beef-fry mixture between the slices of the sweet potato and return to the oven, uncovered, for 15–20 minutes, until sweet potatoes are completely tender and starting to crisp up around the edges.