



# Air Fryer Sweet Potato Chips with Honey Chilli Glaze

EASY • 55 MINS

Crispy, crunchy and soft on the inside sweet potato chips, meet a sweet, spicy and sticky chilli glaze in this recipe.

Crunch into the best chips you've ever tasted, and then coat them with our finger-licking dipping sauce. It's a party-friendly side dish you'll make year after year.



**SKILL LEVEL**  
Easy

**PREP TIME**  
40 mins

**COOKING TIME**  
15 mins

**SERVINGS**  
2

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

### Sweet Potato Chips

- 500g/ 2 medium orange sweet potatoes
- 2 Tbsp corn flour
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp table salt
- 1 Tbsp olive oil (or oil of choice)

### Honey Chili Glaze/Sauce

- ½ cup (175g) **Capilano Pure Honey**
- 2 cloves garlic, crushed
- 1 Tbsp tomato sauce/ketchup
- ½ Tbsp hot chilli sauce
- 1 Tbsp rice wine vinegar
- 1 tsp dried chilli flakes
- ½ tsp salt
- 2 tsp corn flour
- ¼ cup warm water

Used in this recipe



### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

## Method

1. Wash and scrub sweet potatoes, dry, and cut into chips/fries (around 1cm thick)
2. Place chips into a bowl or plastic container, cover with cold water. Leave to soak for 30 minutes.
3. While chips are soaking place cornflour, garlic powder, onion powder, and salt in a bowl, then mix ingredients together.
4. After 30 minutes, remove chips from water and dry thoroughly with a clean tea towel or kitchen paper.
5. Toss dry chips in cornflour mixture, coating evenly, then drizzle coated chips with olive oil until coated.
6. Place chips into an air fryer. (If you have a small air fryer you may want to do this in two batches).
7. Cook at 200 °C for 15 minutes. Turning the chips half way for maximum crispiness.
8. While the chips are cooking, make the honey chilli glaze.
9. For the glaze, place honey, garlic, tomato sauce, chilli sauce, rice wine vinegar, chilli flakes, and salt in a small saucepan over medium heat.
10. In a small bowl add water and cornflour, mix well, and then pour the slurry into the saucepan with the honey mixture, stirring to combine.
11. Continue to simmer until glaze thickens and becomes glossy.
12. Keep warm until it is time to toss through the sweet potato fries - keeping in mind that this sauce will thicken on cooling.
13. Once chips are cooked, place on a serving plate and toss through a few spoonful's of honey chilli glaze. Serve extra glaze on the side as a dipping sauce.

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