



## Yuca Fries Recipe



Next time you get the craving for fries, ditch the spuds and try yuca fries (aka cassava fries). They're creamy in the middle, crisp on the outside, and can be baked, fried, or air fried!

**Course** Appetizer, Side, Snack

**Cuisine** Caribbean, Latin American, South American

**Prep Time** 10 minutes

**Cook Time** 30 minutes

**Total Time** 40 minutes

**Servings** 6

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### Ingredients

- 1 large (900 g) yuca root (cassava)
- ½ tsp salt
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- Black pepper to taste
- 2 tbsp oil

### Instructions

#### Peel and slice it

1. *You can watch the short video for visual instructions.*

To peel the yuca root, start by cutting off both ends. If the root has a thin peel (like mine had), simply use a peeler. If not, then make a thin slice down the length of the root. You can then dig a finger underneath the peel and peel it away by hand.

2. Slice the yuca root into sticks: Cut it into 3 to 4-inch-long sections and then slice it into batons/wedges (refer to images/video in the post).

#### Boil it

1. Soak in cold water for about 5 minutes, then drain the water.
2. Boil the sticks in plenty of fresh salted water for about 20 minutes, or until fork-tender.

3. Drain the water very well (optionally pat-dry with a kitchen towel), then add the cooked yuca sticks to a large bowl together with all other ingredients.
4. Toss to combine until well coated.

#### **Cook it (air fryer method)**

1. Finally, transfer the fries to your air fryer basket in a single layer, with space in between (cook in batches if necessary). Depending on the thickness of the yuca fries, cook at 380 °F (190 °C) for about 15-18 minutes or, until golden brown and crispy.

*Check the recipe notes below for the **oven** and **skillet** method.*

2. Enjoy with a dip of choice like this **yum yum sauce** or **vegan mayonnaise!**

#### **Notes**

##### **Skillet method:**

- Prepare the yuca root as written (minus seasoning the fries). Meanwhile, heat a large, wide skillet with at-least ½-1 inch of oil over medium-high heat.
- Once hot (around 375F/190C), transfer the fries in batches and cook, flipping halfway, until golden-brown and crispy.
- Use a slotted spoon to transfer the cooked cassava fries to paper towels to drain excess oil, then season and enjoy.

##### **Oven method:**

- Follow the recipe, but instead of transferring them to an air fryer, spread them across a parchment paper-lined baking sheet.
- Bake in a preheated oven at 425F/220C for about 25 minutes, turning halfway. Baked yuca fries won't be as crispy, but are delicious.
- **Cooking time will vary:** Based on how thick you cut the fries.

| <b>Nutrition Facts</b>    |                       |
|---------------------------|-----------------------|
| Yuca Fries Recipe         |                       |
| <b>Amount per Serving</b> |                       |
| <b>Calories</b>           | <b>283</b>            |
|                           | <b>% Daily Value*</b> |
| <b>Fat</b> 5g             | <b>8%</b>             |
| Saturated Fat 1g          | <b>5%</b>             |
| <b>Sodium</b> 215mg       | <b>9%</b>             |
| <b>Potassium</b> 415mg    | <b>12%</b>            |
| <b>Carbohydrates</b> 57g  | <b>19%</b>            |
| Fiber 3g                  | <b>12%</b>            |
| Sugar 3g                  | <b>3%</b>             |
| <b>Protein</b> 2g         | <b>4%</b>             |
| Vitamin A 102IU           | 2%                    |
| Vitamin C 31mg            | 38%                   |
| Calcium 25mg              | 3%                    |
| Iron 1mg                  | 6%                    |

\* Percent Daily Values are based on a 2000 calorie diet.