

Choco Fever Dream

Baked Japanese Sweet Potatoes (Yaki Imo) Recipe

10 min Prep time	**35 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Main Ingredients

- [ ] 4 Japanese sweet potatoes (about 200-250 g each)
- [ ] 2 tbsp olive oil
- [ ] ½ tsp sea salt
- [ ] ¼ tsp ground cinnamon (optional)
- [ ] 1 tsp lemon juice

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment.
2. Wash potatoes, pat dry, and cut each into ½-inch wedges.
3. Place wedges in a bowl, drizzle with olive oil, and toss until lightly coated.
4. Spread wedges in a single layer on the sheet, sprinkle sea salt over them.
5. Bake for 25-30 minutes, turning once halfway through, until edges are caramelized and interior is soft.
6. Remove from oven, sprinkle cinnamon if using, and drizzle lemon juice. Serve warm.

Nutrition per serving

210 kcal	3 g	34 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra crispness, broil for the last 2-3 minutes, watching closely.
- A pinch of smoked paprika can add a subtle smoky depth.
- For a sweeter version, drizzle a little honey before serving.