



THE FRY GUYS  
ORGANIC FRIES AND FOOD

# ROOT VEGETABLE FRIES

**Time:**

1 hour

**Ingredients:**

- 750 g root vegetables
- 1 kg potatoes
- 2 tbsp olive oil
- 1 stem of rosemary
- 5-10 basil leaves
- 2 avocados
- 1 garlic clove
- 2-3 tbsp lemon juice
- 3-5 tbsp water
- Salt
- Pepper

**Instructions:**

Preheat the oven to 210°C.

Wash and scrub the root vegetables. When the root vegetables are clean, cut them into fry shapes.

Put the root vegetables on an oven tray. Add oil, salt, pepper, rosemary and basil.

Bake them for about 45 minutes.

While the root vegetables are baking, make the dip.

Mash the two avocados with a fork and mix in crushed garlic and lemon juice. Add a little water, so that the dip isn't too thick. Season with salt and pepper.