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Air Fryer Roasted Sweet Potatoes



Posted by [Meeta Arora](#) on Sep 14, 2020, Updated Aug 22, 2022



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These Air Fryer Roasted Sweet Potatoes are so easy and delish. With their crispy exterior and tender interior, they are the perfect side to any meal. Add them to salads, tacos or just enjoy as a healthy snack!

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: [3](#)

Equipment

- [Air Fryer](#)

Ingredients

- 1 pound Sweet Potatoes
- 1 tablespoon [Avocado Oil](#), or olive oil

Seasoning

- 1/4 teaspoon [Garlic powder](#)
- 1/3 teaspoon [Salt](#), I used pink himalayan salt, adjust to taste
- 1/8 teaspoon [Black Pepper](#), freshly cracked, adjust to taste

Instructions

1. Peel and cube the sweet potatoes into 1/2 inch pieces.
2. Transfer the sweet potatoes to a bowl. Add the avocado oil and seasonings. Toss them well, so they are all coated with the seasoning.
3. Preheat the air fryer to 400°F. Add the seasoned sweet potatoes to the air fryer and spread them in a single layer (cook in batches if needed).
4. Air fryer for 10-12 minutes for the perfect texture. Shake the basket at about 6 minutes.

In Oven

1. Preheat the oven to 425°F. Transfer the sweet potatoes to a large sheet pan. You can also add the olive oil and seasonings on the sheet pan.
2. Spread evenly so they do not overlap. Cook for 25-30 minutes. Flip every 10-15 minutes for even cooking.