

- Prep Time: 10 minutes
- Cook Time: 18 minutes
- Total Time: 28 minutes
- Servings: 4
- Difficulty Level: Easy
- Thermal Intensity: Medium-High (400°F / 200°C)
- Airflow Intensity: Maximum / High Speed

Table of Contents



- [Ingredients](#)
- [Equipment Needed](#)
- [Step-by-Step Instructions](#)
 - [Step 1: Prep and Uniform Cutting](#)
 - [Step 2: Season to Perfection](#)
 - [Step 3: Preheat the Air Fryer](#)
 - [Step 4: Air Fry \(The Roasting Stage\)](#)
 - [Step 5: Shake and Rotate \(Minute 9\)](#)
 - [Step 6: Test and Serve](#)
- [Chef's Tips for Success](#)

- [Storage & Reheating Instructions](#)
- [Complete Nutritional Breakdown](#)

Ingredients

To keep the natural sweetness of the potatoes front and center while adding a savory depth, this recipe uses a carefully balanced spice blend:

- 2 medium sweet potatoes (approx. 1.5 lbs / 680g), peeled or scrubbed clean and cut into 1/2-inch cubes
- 1.5 tablespoons olive oil (or avocado oil for a higher smoke point)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika (substitute sweet paprika for less smokiness)
- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly cracked black pepper
- Optional Finish: 1 tablespoon freshly chopped parsley or a squeeze of lime juice

Equipment Needed

- Air Fryer (basket or oven style)
- Large mixing bowl
- Chef's knife and cutting board
- Measuring spoons
- Tongs or silicone spatula

Step-by-Step Instructions

Step 1: Prep and Uniform Cutting

Wash and dry your sweet potatoes thoroughly. Moisture is the enemy of crispiness, so make sure to pat them completely dry with a paper towel. You can choose to peel them or leave the skin on for added fiber and texture. Cut the potatoes into uniform 1/2-inch cubes. Keeping the size consistent ensures every piece cooks evenly at the exact same rate.

Step 2: Season to Perfection

Place the cubed sweet potatoes into a large mixing bowl. Drizzle with 1.5 tablespoons of olive oil. Toss well so every cube is lightly coated. In a small dish, mix together the garlic powder, smoked paprika, cumin, sea salt, and black pepper. Sprinkle the spice mix over the oil-coated sweet potatoes and toss again until the spices are evenly distributed across every piece.

Step 3: Preheat the Air Fryer

Preheat your air fryer to 400°F (200°C) for 3 to 5 minutes. Preheating is essential for searing the outside immediately, preventing the potatoes from becoming soggy.

Step 4: Air Fry (The Roasting Stage)

Transfer the seasoned sweet potato cubes into the air fryer basket. Spread them out into a single layer as much as possible. If your air fryer basket is smaller, cook in two separate batches to avoid overcrowding. Overcrowding steams the potatoes rather than roasting them.

Set the timer for 18 minutes at high airflow intensity (400°F).

Step 5: Shake and Rotate (Minute 9)

Halfway through cooking (around the 9-minute mark), pull the basket out and give it a vigorous shake, or use tongs to toss the cubes. This redistributes the oil and heat, ensuring all sides get equally crispy and golden brown.

Step 6: Test and Serve

At the 18-minute mark, check for doneness by piercing a cube with a fork. It should slide in effortlessly with no resistance, while the outer skin looks golden and blistered. If you prefer extra crunch, cook for an additional 2 to 3 minutes.

Transfer to a serving dish, garnish with fresh parsley or a dash of lime juice, and serve immediately while hot!

Chef's Tips for Success

1. **Avoid Overcrowding:** Air fryers work via rapid heat convection. Leaving space between the cubes allows hot air to circulate freely around each piece for maximum crispiness.
2. **Oil Matters:** Don't skip the oil! While air fryers use less oil than traditional frying, a thin coating is required to heat the surface quickly enough to crisp the natural sugars in the potato.
3. **Soaking Option:** If you have extra time, soak the cut sweet potato cubes in cold water for 20 minutes before seasoning. This draws out extra surface starch. Be sure to dry them thoroughly before adding oil.

Storage & Reheating Instructions

- **Refrigerator:** Store leftovers in an airtight container in the fridge for up to 4-5 days.
- **Freezer:** Freeze cooked and cooled sweet potato cubes in a single layer on a baking sheet, then transfer to a freezer-safe bag for up to 3 months.
- **Reheating:** To regain crispiness, reheat leftovers in the air fryer at 375°F (190°C) for 3 to 5 minutes. Avoid microwave reheating, as it will make the potatoes soft and soggy.

Complete Nutritional Breakdown

The following nutrition facts are calculated per serving (based on 4 total servings).

Nutrient	Amount Per Serving	% Daily Value*
Calories	165 kcal	—
Total Fat	5.3 g	7%
– Saturated Fat	0.8 g	4%
– Trans Fat	0 g	—
Cholesterol	0 mg	0%
Sodium	340 mg	15%
Total Carbohydrates	27 g	10%
– Dietary Fiber	4.2 g	15%
– Total Sugars	6.2 g	—
Protein	2.3 g	5%
Vitamin A	14,200 IU	284%
Vitamin C	3.2 mg	5%
Calcium	38 mg	3%
Iron	0.9 mg	5%
Potassium	448 mg	10%