

Sweet Potato Noodles “Asian-style”

Ingredients for 4 servings:

4 large US sweet potatoes
20 g ginger
1 garlic clove
1 small onion
1 red chili pepper
150 g snow peas
1 bunch spring onion
200 g cherry tomatoes
200 g baby corn
100 g peas, frozen
1 tbsp. olive oil
1 tsp. curry powder
300 ml coconut milk
200 ml vegetable stock
Salt
Pepper, freshly ground
4 stems thai basil



Preparation:

1. Peel and spiralize sweet potatoes to make „pasta“. Peel garlic and ginger, skin the onion and chop all finely. Wash chili pepper and slice it into rings, cut snow peas and tomatoes in halves. Drain baby corn and cut in slices.
2. Heat oil in a pan and roast ginger, chili pepper, onion and garlic. Add curry powder and roast it shortly. Pour in coconut milk and stock and slowly reduce liquid.
3. Add sweet potato pasta, snow peas, cherry tomatoes, peas and corn and let simmer for 3-4 min. Stir in spring onions and season with salt and pepper to taste. Serve with fresh thai basil.

Preparation time: 25 min

Nutritional facts per serving:

Energy: 615 kcal / 2551,7 kj
Carbohydrates: 121,9 g
Protein: 13,4 g
Fat: 6,4 g

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