

Sweet Potato Toast with Pomegranate

Ingredients for 4 portions:

2 large US sweet potatoes
200 g frozen green peas
1 pomegranate
100 g feta cheese
Salt, pepper



Preparation:

1. Cook the frozen peas for 5 minutes until soft and purée with a mixer.
2. Remove the pits from the pomegranate. Crush the feta cheese with a fork.
3. Peel and wash the sweet potatoes and cut lengthwise into around ½ cm thick slices. Toast each slice 2 or 3 times on highest level until soft and slightly browned.
4. Place the toasted sweet potato slices on a plate, spread with the mash of green peas and garnish with pomegranate and feta cheese.

Preparation time: 15 min

Nutrition facts per portion:

Energy: 470 kcal/ 1970 kJ
Carbohydrates: 80 g
Protein: 12 g
Fat: 8 g