

Sweet Potato with Beet Root and Walnuts

Ingredients for 4 portions:

2 large US sweet potatoes
2 beet roots
4 tbsp. olive oil
50 g California walnuts
1 bunch parsley
Salt, pepper



Preparation:

1. Peel the beet roots, dice and cook for 45 minutes until soft. Remove from the heat and let them drain (or use pre-cooked beet root).
2. Peel the sweet potatoes and cut into small dices. Heat olive oil in a pan, add sweet potato dices together with the beet root.
3. Clean and finely chop parsley. Roughly chop walnuts and mix with sweet potatoes and beet root. Season to taste, plate and serve immediately.

Preparation time: 55 min

Nutrition facts per portion:

Energy: 610 kcal/ 1560 kJ
Carbohydrates: 74 g
Protein: 8 g
Fat: 28 g