

Sweet Potato Aioli

Ingredients for 4 servings:

200 g US sweet potatoes
4 tbsp olive oil
Coarse sea salt
Freshly ground pepper
4 herb twigs, e.g. rosemary, thyme
2 cloves of garlic
50 g salad mayonnaise
50 g yoghurt
To serve: fried prawns, bread chips



Directions:

1. Peel and wash sweet potatoes, cut into pieces and cook in lightly salted boiling water for about 10 minutes.
2. Peel the garlic. Drain cooked sweet potatoes and puree with garlic, mayonnaise and yoghurt.
3. Season the aioli with salt and pepper and serve with the bread chips and fried prawns

For a vegan aioli variant, replace the yoghurt with a vegan cream or vegan yoghurt and the salad mayonnaise with a vegan mayonnaise.

Preparation time: approx. 35 minutes

Nutrition facts:

Energy: 500 kcal/ 2100 kJ
Carbohydrates: 55 g
Protein: 4 g
Fat: 27 g

American Sweet Potato Marketing Institute

Contact: mk² gmbh, Oxfordstraße 24,
D-53111 Bonn, tel: +49 228/943 787 – 0,
email: info@mk-2.com

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