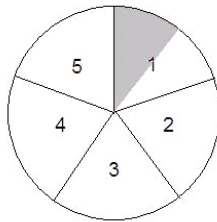


Sweet Potato Mash

Serves 6

Portions of fruit & vegetables per serving: $< \frac{1}{2}$



Hob needed



Allergen information:
Allergens are in bold.
Contains milk

Ingredients	Amount	Preparation
sweet potato	2	peeled and cut into large chunks
potato (regular)	2-3	peeled and cut into smaller chunks
semi-skimmed milk	3-4 tablespoons (50-70ml)	
black pepper	$\frac{1}{2}$ teaspoon	

Please Turn Over



Method

- 1 Place the sweet potatoes and potatoes in a large saucepan, cover with water and bring to the boil.
- 2 Reduce the heat and simmer for 15- 20 minutes until soft enough to mash.
- 3 Drain the potatoes, return to the saucepan, add the milk and black pepper and mash until smooth.
- 4 Serve.

83 calories		Per serving
Fat	LOW	0.3g
Saturates	LOW	0.1g
Sugars	LOW	3.3g
Salt	LOW	0g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Sweet potato mash is great served as part of a meal, and goes well with the exotic breadcrumb fish.
- Accompany with a serving of mixed vegetables, chopped tomatoes, or fresh salad.

