

Sweet Potato in Creamy Coconut Sauce

Serves: 6

Prep time: 5 minutes

Cook time: 25 minutes



1 serve per portion

Ingredients

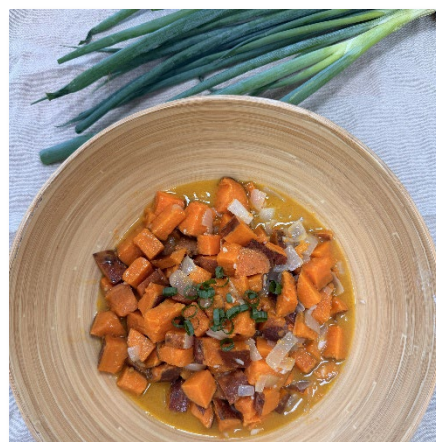
2 large sweet potatoes, washed and cut into cubes

1 brown onion, finely diced

3 cloves garlic, crushed

1 x 400L can light coconut milk

½ cup vegetable stock



Everyday Food

Method

ADD sweet potato, onion, garlic, coconut cream and vegetable stock to a large saucepan and cover with a lid. Bring to the boil.

REDUCE the heat, remove the lid and simmer the sweet potato until cooked through (around 10-15 minutes). Stir occasionally to prevent sticking.

SERVE alongside your choice of protein and green vegetables.

Recipe courtesy of the Country Kitchens team