

- SOUPS & SIDES -

CURRIED SWEET POTATO PUREE



The Ingredients:

4 medium Sweet Potatoes
(about 1¾ LBS)
½ CUP unsweetened Almond Milk
½ TSP Curry Powder
4 Fresh Ginger, peeled
and sliced thin
½ Lime

Optional for Garnish:

Almonds, sliced and toasted
Cilantro, chopped

Cooking Steps:

1. Preheat oven to 400°F. Wrap each sweet potato in foil, put on a baking sheet and bake until soft, 1 hour. Let cool slightly.
2. Combine the milk, curry powder and ginger in a small saucepan. Bring to a boil, reduce the heat and simmer until the mixture is reduced by a third, about 5 minutes. Remove and discard the ginger.
3. Pour any juices from the sweet potato foil wrappers into a food processor. Peel the sweet potatoes and add the flesh to the food processor. Add the almond milk mixture and puree until smooth.
4. Transfer to a serving bowl and squeeze the lime over the finished puree.
5. Garnish with almonds and cilantro if desired.



prep time

1 hour 30 minutes



portion for

4-6 people



serve

hot

