



AULTCARE WELLNESS RECIPE



SWEET POTATO AND MISO MASH

Ingredients:

1-2 large sweet potatoes

1 ½ Tbsp white or red miso paste

2 Tbsp butter, plus a knob more

¼ cup vegetable stock, hot

2 Tbsp shelled pumpkin seeds

Lime zest, to serve

2 Tbsp coriander leaves, picked

Instructions:

Step 1:

Heat the oven to 400°. Pierce the potatoes with a fork and bake for 50 minutes, depending on size, until they're really tender and a knife pokes in easily.

Step 2:

Halve the potatoes and spoon the flesh from the skins into a large pan. Add the miso paste and butter and mash until really smooth. Add the stock and mash again to get a spoonable consistency. Taste if it needs any salt, reheat gently, then keep warm.

Step 3:

Fry the pumpkin seeds in a pat of butter in a small frying pan until hot and starting to toast or split. Spoon the mash into a serving bowl, spoon the toasted seeds and butter over the top. Season with freshly ground black pepper and a grating of lime zest, and scatter the coriander over to serve.
