

Cooking with MIFWA

Trio of Sweet Potato Bake



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INGREDIENTS

1 sweet potato – white

1 sweet potato – purple (Hawaiian)

1 sweet potato – orange

Make sure sweet potatoes are similar in size.

1 small can of coconut milk

2 tablespoons of water

2 makrut lime leaves

METHOD

1. Preheat oven to 180°C.

2. In a small saucepan empty the can of coconut milk, add the makrut lime leaves and a little water put on the stove till the liquid begins to simmer, take off the stove and set to one side.

3. Butter a baking dish.

4. Cut the sweet potato in rounds about ½ cm thick, discarding tips.

5. Build up in three layers in the baking dish.

6. Take the makrut lime leaves out of the coconut milk and pour the milk over the sweet potato, add a few pieces of butter to the top and cover with foil.

7. Bake in the oven for about 45 minutes

If eating with the chicken pieces from the *Garlic, Ginger & Herbs Chicken* video, warm it up in oven for last 15 minutes.

VARIATIONS

Sweet potatoes are an excellent source of fibre and antioxidants. They protect the body from free radical damage and promote a healthy gut and brain. Try and swap out for the normal potato wherever you can.

Wrap your sweet potato in foil, with a little water and bake in 180°C oven for 45 minutes, eat on its own or with a little butter on a cold day

YUMMY – If it is a cold day and you have a fire going, same thing... wrap your potato in foil and put it in the fire for about 20 minutes.