

Sweet potato steaks on colourful vegetable strips with avocado cream

Total time **35 mins** 10 mins preparation time 25 mins cooking time

Nutritional facts (per portion):
1312 kJ / 313 kcal

Fat: **13.9 g** Protein: **4.5 g**
Carbohydrates: **42.6 g**

INGREDIENTS

4 portion(s)

For the avocado cream:

0.5 large avocado
100 ml almond milk
2 tbsp "thick" coconut milk
0.5 tsp lemon juice
1 tsp sugar
A little salt and freshly ground pepper

For the vegetable garnish:

100 g each of red and yellow pepper
100 g green beans
1 tbsp vegetable oil
A little salt and freshly ground pepper

For the sweet potato steaks:

500 g sweet potatoes (slices of approx. 60 g each)
Flour for dusting
2 tbsp vegan margarine
2 tsp sugar
120 ml apple juice
2 tsp Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

For the avocado cream remove the stone from the avocado, peel the avocado, cut the pulp into large pieces and puree with almond milk and coconut milk. Put the avocado puree in a pot, heat it up and season to taste with lemon juice, sugar, salt and pepper.

Step 2

For the vegetable garnish remove the seeds and webs from the peppers, wash the peppers and cut them into strips. Wash the green beans and cut off the ends. Heat the oil in a frying pan, add strips of paprika and beans, sauté and season with salt and pepper.

Step 3

For the sweet potato steaks, wash the sweet potatoes and cut them diagonally into slices about 1.5 cm thick. Place the slices next to each other on a plate, cover with cling film and cook in the microwave at 450 watts for about 4-5 minutes. Remove the foil, let the sweet potatoes cool down a little and dust the cut surfaces with flour.

Step 4

Heat margarine in a pan, fry the sweet potato slices on both sides at medium heat until golden brown, take them out, put them on a plate and keep them warm.

Step 5

Add sugar and apple juice to the pan and let it boil down until the juice thickens. Add soy sauce and bring to the boil again. Put the sweet potato slices back into the pan and caramelize with the sauce.

Step 6

Place the side vegetables on plates, arrange the sweet potato steaks on top, add with the remaining sauce, add the avocado cream next to them and serve.