

Sweet Potato Mash

7 REGULAR

6 SOFT & BITE-SIZED

Serve sweet potatoes in bite sized pieces no bigger than 1.5cm x 1.5cm

5 MINCED & MOIST

Mash sweet potato with butter until soft and moist with no separate thin liquid, lumps must be no bigger than 4mm

4 PUREED

Blend sweet potato and butter to a smooth consistency upon completion

In Collaboration with



www.eatingwithdignity.org

Sweet Potato Mash



Shopping List

- 2kg sweet potatoes
- 200g butter
- Salt and pepper



Directions

1. Add peeled, cut sweet potatoes to boiling water and cook for 15-20 mins until soft.
2. Drain and mash with butter, salt and pepper.
3. These can be puréed and added to any of the meat dishes.