

EVERYDAY SWEET POTATOES

Recipes for Kids & Families



AUSTRALIAN

**SWEET
POTATOES**

Supercharge your meal



CONTENTS

Nutritional Facts	04
Babies (6-9 months)	06
Sweet Potato and Roast Vegetable Puree	06
Sweet Potato, Broccoli and Zucchini Mash	07
Lentil and Sweet Potato Puree	07
Batch Cooking and Freezing	08
Baby-Led Weaning (9-12 months)	10
Sweet Potato, Cheese and Bacon Pizzas	11
Lamb Cutlets with Sweet Potato and Pearl Couscous	12
Chicken Meatballs with Sweet Potato Chips	13
Sweet Potato Varieties	14
Toddler to School Age (1-12 years)	16
Sweet Potato Fries	17
Sweet Potato, Chicken and Couscous Nuggets	19
Hasselback Sweet Potatoes	21
Sweet Potato and Broccoli Frittata	23
Sweet Potato, Spinach and Feta Muffins	25
Sweet Potato Fries with Crumbed Fish	27
Sweet Potato and Lentil Patties	29
Tips for Fussy Eaters	30
Super Family meals	32
Sweet Potato Wedges with Dips	34
Sweet Potato Toast Toppers	38
Sweet Potato Hummus - 3 ways	40
Stand and Stuff Sweet Potatoes	43
Ultimate Sweet Potato Mash	45
Sweet Potato Pasta Bake with Spinach and Pine Nuts	47
Roast Sweet Potato Medley with Rib-Eye Steak	49
Lemon and Herb Fish with Sweet Potato Mash	51
Sweet Potato and Pecan Pies	53
Sweet Potato Churros with Cacao Dipping Sauce	55
Sweet Potato, Coconut and Peanut Butter Ice Cream	57
Sweet Potato Vegan Cheesecake	59
How to Cut and Prepare	60

FIVE WAYS SWEET POTATOES GIVE LITTLE BODIES A BIG BOOST



Delicious to devour, full of nutrients and easy to cook, it's no wonder sweet potatoes are not only loved by little ones, but parents too. Here's how sweet potatoes give little bodies a nutritious boost.

1

Helpful for healthy eyes and skin

Just 75g of baked sweet potato provides more than 60% of an infant's daily intake of Vitamin A, which is essential for healthy eyes and skin. All the better to see you with!

2

Great for growing bodies

Know someone who's getting taller each day? Sweet potatoes are a good source of folate, a vitamin that is essential for the proper growth and development of children. Required for healthy cell division, folate is particularly important during significant periods of growth.



3

Full of energy-boosting goodness

Sweet potatoes are an excellent source of vitamin C – protecting the body from free radicals, boosting the immune system and helping wounds and cuts to heal. Vitamin C also helps with the absorption of iron from foods, helping kids to feel more energised.

4

Digestive delights

High in dietary fibre, sweet potatoes are easy to digest and help the body to maintain a healthy digestive tract. They're wonderful for feeding the little ones as they go down smoothly.

5

Help settle minds for sleep

Sweet potatoes are a good source of magnesium. Magnesium works to calm the nervous system, encouraging better sleep and a serener mood. It is also key for creating stronger bones, teeth and healthy muscles.

BABIES

6-9 MONTHS

Sweet potatoes are the perfect veg for mashing and blending into delicious purees for little ones.



TIP

Parsnip will take the longest to cook, so once that is tender the rest will be too.

SWEET POTATO & ROAST VEGETABLE PUREE

Prep Time: 10 minutes

Cook Time: 40 minutes

Makes: approx 2 ½ cups

Ingredients

- 350g Sweet Potato
- 1 large carrot (180g)
- 1 large zucchini (150g)
- 1 small parsnip (120g)
- 1 tablespoon olive oil

Method

1. Preheat oven to 220°C/200°C fan-forced. Line an oven tray with baking paper
2. Peel sweet potato and carrot and coarsely chop all vegetables (about 2cm pieces). Place on tray and drizzle with oil; tossing to coat
3. Bake for 35-40 min until tender. Transfer to a bowl and add ¾ cup (185ml) - 1 cup (250ml) fresh boiled water. Puree with a stick blender until smooth

SWEET POTATO, BROCCOLI & ZUCCHINI MASH

Prep Time: 10 minutes

Cook Time: 20 minutes

Makes: 3 ½ cups

Ingredients

- 2 teaspoons olive oil
- 350g Sweet Potato, chopped
- 1 potato (200g), chopped
- 1 small parsnip (120g), chopped
- 1 large zucchini (150g), chopped
- 100g small broccoli florets

Method

1. Heat oil in a medium saucepan on high. Add sweet potato, potato and parsnip. Cook, stirring for 2 min. Add ½ cup water. Bring to the boil and simmer for 10 min
2. Add zucchini and broccoli. Stir well and simmer, covered, for a further 10 min until vegetables are tender. Remove from heat and mash to desired consistency

SWEET POTATO & LENTIL PUREE

Prep Time: 10 minutes

Cook Time: 20 minutes

Makes: 2 ¼ cups

Ingredients

- 1 tablespoon olive oil
- 1 small onion (80g), chopped
- 1 large carrot (180g), peeled, chopped
- ½ teaspoon ground cumin
- 300g Sweet Potato, peeled, chopped
- ½ cup (100g) red lentils, rinsed

Method

1. Heat oil in a saucepan over medium-high heat. Sauté onion for 3-4 min until tender. Add carrot, cook, stirring for 2 min. Add in cumin and cook until fragrant
2. Add sweet potato, lentils and 2 cups (500ml) water. Bring to the boil and simmer, covered for 15-20 min until lentils and vegetables are tender
3. Remove from heat; cool slightly. Puree with a stick blender until smooth

HANDY SWEET POTATO KNOW-HOW

Freeze!
It's sweet
potato time.

Whether you're meal-prepping, batch cooking, or freezing your sweet potato to add to dishes later on, these helpful tips will have you storing like a pro in next-to-no time.





BOIL, DON'T SPOIL

Always blanch or cook sweet potatoes before freezing.

Blanching or cooking vegetables before freezing stops enzyme action, which impacts the flavour, colour and texture. Boiling is best for pre-freezer storage prep.



PLAY IT COOL

Cool sweet potatoes completely before freezing.

Putting warm sweet potatoes in the freezer will create condensation, which may cause them to spoil sooner.



GET JUICY

Use lemon juice to stop browning.

To prevent browning during freezing, dip pre-cooked and cooled sweet potato into a solution of $\frac{1}{2}$ cup lemon juice to four cups of water, for five seconds. To stop mash from discolouring, mix two tablespoons of lemon juice to every four cups of mash.

BABY-LED WEANING

9-12 MONTHS

If your baby is eager to begin feeding themselves, it may be time to push away those purees and serve them up some soft sweet potato bites.



SWEET POTATO, CHEESE & BACON PIZZAS

Prep Time: 5 minutes

Cook Time: 15 minutes

Makes: 6

Ingredients

250g Sweet Potato, unpeeled, sliced into 5mm slices

Spray oil

2 tablespoons tomato paste

60g shaved ham, chopped

½ cup grated mozzarella cheese

Baby basil leaves, to serve

Method

1. Preheat oven to 220°C/200°C fan-forced. Line an oven tray with baking paper
2. Place sweet potato rounds on tray. Spray with oil. Bake for 10 min until almost just tender
3. Spread rounds with tomato paste. Top with ham and cheese. Grill for 3-4 min until golden. Serve topped with basil leaves



LAMB CUTLETS WITH SWEET POTATO & PEARL COUSCOUS

Prep Time: 10 minutes

Cook Time: 15 minutes

Makes: 4

Ingredients

250g Sweet Potato, peeled, cut into 2cm cubes

2 teaspoons olive oil, plus extra for lamb

125g ($\frac{2}{3}$ cup) pearl couscous

1 cup salt reduced chicken stock or water

1 sprig rosemary

4 lamb cutlets

Pinch mild paprika

Method

1. Microwave, steam or boil sweet potato until tender. Set aside
2. Meanwhile, heat oil in a medium saucepan over medium-high heat. Add couscous and cook, stirring, for 3 min until couscous is golden. Add stock and rosemary. Bring to the boil. Reduce heat and simmer, covered for 10 min or until couscous is tender
3. Set aside for 5 min or until liquid is absorbed. Use a fork to separate grains. Add sweet potato and set aside
4. Meanwhile, drizzle a little olive oil over lamb, Sprinkle with paprika. Heat oil in a large frying pan on high. Cook lamb for 2-3 min each side until cooked to taste. Set aside to rest for 5 min. Serve with couscous





CHICKEN MEATBALLS WITH SWEET POTATO CHIPS

Prep Time: 20 minutes

Cook Time: 1 hour

Makes: 4

Ingredients

CHICKEN MEATBALLS

500g chicken mince
1 cup breadcrumbs
1 egg
½ cup finely grated parmesan
2 tablespoons finely chopped flat-leaf parsley

SWEET POTATO CHIPS

350g Sweet Potato, peeled, cut into chips
2 teaspoons olive oil
Pinch paprika

Method

CHICKEN MEATBALLS

1. Preheat oven to 220°C/200°C fan-forced. Line 2 oven trays with baking paper
2. Combine mince, breadcrumbs, egg, parmesan and parsley in a bowl. Roll heaped tablespoons of mixture into balls. Place on one of the trays
3. Bake for 20-25 min until golden and cooked through

SWEET POTATO CHIPS

1. Meanwhile place chips on remaining tray and toss with oil and paprika. Bake for 25-30 min until golden and tender
2. Serve meatballs with chips

MEET A COLOURFUL BUNCH

Get to know your
sweet potato varieties

Many of us eat this vibrant veggie regularly, but few of us are well acquainted with the different varieties. Sweet potatoes come in a radiant array of colours that are available year-round in Australia. It's time we got to know this multi-coloured bunch. The four varieties of sweet potatoes that are grown locally in Australia are the Gold, Red, Purple and White Sweet Potatoes. Here's what you need to know about these colourful characters.





GOLD

Also referred to as a Kumera or Beauregard

This variety has thin, golden-brown casing with a deep orange flesh and is the most popularly sold sweet potato in Australia.

Best use: Gold Sweet Potatoes are a great all-rounder for boiling, steaming, baking or frying.

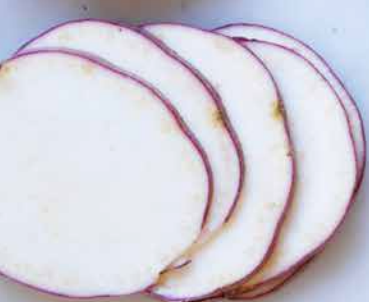


PURPLE

Also referred to as a White Skin Purple Flesh

Purple Sweet Potatoes may have a white skin, but reveal a light purple flesh when cut – resembling a polished amethyst stone. These are trickier to find, as only 2% of sweet potatoes grown in Australia are the Purple variety.

Best use: Its starchy flesh makes this one great for frying or baking. Cook with simple flavours and be sure to show off its interesting hue.



RED

Also referred to as a Northern Star

Despite the name, Red Sweet Potatoes have a light purple or orange skin tone with white flesh. Its subtle flavour is less sweet than other varieties, and its flesh is slightly drier. Reds are a common variety found at most grocers.

Best use: The drier flesh of this vegetable makes it great for frying or making sweet-potato gnocchi.



WHITE

Also referred to as a Kestle

Wonderful for adding a creamy texture to your culinary creations, this variety has a cream-coloured skin with a white flesh. White Sweet Potatoes are a little less sweet and slightly starchier than the gold variety.

Best use: Great for pureeing, adding to soups and making a delicious mash.

TODDLER TO SCHOOL AGE

1-12 YEARS

The little ones in your life will love these tasty and wholesome dishes, and so will you.



SWEET POTATO FRIES

Prep Time: 10 minutes, plus soaking time

Cook Time: 40 minutes

Serves: 4-6

Ingredients

400g Sweet Potato,
peeled, cut into 1cm
chips

2 teaspoons corn flour

Pinch mild paprika

Spray oil

Natural yoghurt,
to serve

Method

1. Soak chips in water for 1 hour to remove starch. Drain and pat-dry on paper towel
2. Meanwhile, preheat oven to 220°C /200°C fan-forced. Line 2 trays with baking paper
3. Place chips in zip-lock bag with corn flour and paprika. Shake well until evenly coated
4. Place chips in a single layer on trays. Spray with oil and bake for 25-30 minutes, turning once. Season to taste. Serve with yoghurt





SWEET POTATO, CHICKEN AND COUSCOUS NUGGETS

Prep Time: 25 minutes

Cook Time: 25 minutes

Makes: 35

Ingredients

½ cup couscous

½ cup Sweet Potato puree*

2 teaspoons olive oil

1 small brown onion, finely chopped

500g chicken mince

1 small apple, peeled, cored, coarsely grated

1 egg

1 tablespoon chopped parsley

1 cup panko breadcrumbs

Oil, for shallow frying

Method

1. Place couscous in a heatproof bowl. Cover with ½ cup boiling water. Cover and stand for 5 minutes; separate grains with a fork. Cool
2. Meanwhile, heat oil in a large frying pan on high. Sauté onion for 4-5 minutes until very tender. Transfer to a large bowl. Cool
3. Add couscous, mince, apple, sweet potato puree, egg and parsley in a bowl. Season to taste. Roll tablespoons of mixture into balls. Flatten slightly and coat in breadcrumbs
4. Heat oil in same pan, cook nuggets for 2-3 minutes, each side until golden and cooked through. Drain on paper towel

Tips

*Microwave cubed Sweet Potato until soft (1-2 mins), then mash with a fork.

Uncooked mixture can be frozen. Defrost in the fridge before rolling into nuggets and crumbing



HASSELBACK SWEET POTATOES

Prep Time: 15 minutes

Cook Time: 1 hour 10 minutes

Serves: 6

Ingredients

6 x 200g Sweet Potatoes, scrubbed
6 sprigs fresh thyme, plus extra for serving
olive oil
¼ teaspoon sea salt
⅓ cup finely grated parmesan

Method

1. Preheat oven to 200°C/180°C fan-forced. Carefully cut 3mm slices into the sweet potatoes, leaving 5mm intact at the bottom. Place on a baking-paper lined oven tray
2. Strip the leaves from the thyme and tuck in between the fans of the sweet potatoes
3. Drizzle with olive oil and sprinkle with salt and pepper
4. Bake for 1 hour - 1 hour 10 minutes until golden and soft in the middle when easily pierced with a knife. Serve sprinkled with parmesan





SWEET POTATO AND BROCCOLI FRITTATA

Prep Time: 20 minutes

Cook Time: 50 minutes

Serves: 6

Ingredients

500g Sweet Potato, peeled, thinly sliced

Olive oil spray

8 eggs

½ cup (125ml) light thickened cream

¾ cup (90g) grated tasty cheese

100g small broccoli florets, blanched

2 tablespoons shredded basil

Method

1. Preheat oven to 200°C/180°C fan-forced. Lightly grease and line base and sides of a 20 x 30cm rectangular slice pan
2. Place sweet potato on a lined oven tray. Spray with oil and bake for 15-20 minutes until tender
3. Beat eggs, cream and half of the cheese together. Layer sweet potato and broccoli over base of pan. Pour over egg mixture. Sprinkle with basil and remaining cheese
4. Bake for 25-30 minutes until golden and set. Stand for 5 minutes before slicing



SWEET POTATO, SPINACH AND FETA MUFFINS

Prep Time: 30 minutes

Cook Time: 30 minutes

Makes: 12

Ingredients

1 cup (150g) plain flour
1 cup (160g) wholemeal plain flour
1 teaspoon bi-carb soda
40g baby spinach leaves, steamed, chopped
2 green onions, sliced thinly
100g feta, crumbled
2 eggs, beaten
⅔ cup (190g) plain Greek style yoghurt
125g can creamed corn
1 cup Sweet Potato puree
50g butter, melted
¼ cup (20g) grated parmesan

Method

1. Preheat oven to 200°C/180°C fan-forced. Lightly grease a 12-hole muffin pan
2. Sift flour and soda together in a large bowl. Stir in spinach, onion and half of the feta. Combine remaining ingredients in a bowl, whisking well to combine
3. Fold through dry mixture until just combined. Spoon into prepared cases and sprinkle with remaining feta. Bake for 25-30 minutes until cooked when tested with a skewer

Tips

You will need a 550g Sweet Potato to make enough puree for this recipe.



SWEET POTATO FRIES WITH CRUMBED FISH

Prep Time: 30 minutes, plus soaking time

Cook Time: 55 minutes

Serves: 4

Ingredients

SWEET POTATO FRIES

400g Sweet Potato, peeled, cut into 1cm chips
2 teaspoons corn flour
Pinch mild paprika
Spray oil

CRUMBED FISH

500g flathead fillets, bones removed, halved
1 egg, beaten lightly
1 cup panko breadcrumbs
1 tablespoon finely chopped flat-leaf parsley
Oil, for shallow frying
Tartar sauce and lemon wedges, to serve

Method

SWEET POTATO FRIES

1. Soak chips in water for 1 hour to remove starch. Drain and pat-dry on paper towel
2. Meanwhile, preheat oven to 220°C /200°C fan-forced. Line 2 trays with baking paper
3. Place chips in zip-lock bag with corn flour and paprika. Shake well until evenly coated
4. Place chips in a single layer on trays. Spray with oil and bake for 25-30 minutes, turning once. Season to taste

CRUMBED FISH

1. Dip fish in egg, shaking off excess. Toss in combined crumb and parsley mixture to coat. Place on a plate
2. Pour enough oil into a large frying pan to come 1cm up side of pan. Heat over medium-high heat. Cook fish, in 3 batches, for 2 minutes each side until golden and cooked through. Drain on paper towel
3. Serve fish with sweet potato chips and tartar sauce



SWEET POTATO AND LENTIL PATTIES

Prep Time: 25 minutes

Cook Time: 30 minutes

Makes: 12

Ingredients

½ cup brown lentils
500g Sweet Potato, peeled, cubed
2 tablespoons olive oil
1 small onion, finely chopped
2 garlic cloves, crushed
1 teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon turmeric
60g baby spinach, roughly chopped
⅓ cup plain flour
Natural yoghurt and lemon wedges, to serve

Method

1. Preheat oven to 220°C /200°C fan-forced. Line an oven tray with baking paper. Place sweet potato on tray and drizzle with half of the oil. Bake for 15-20 minutes until tender. Mash in a bowl and set aside
2. Cook lentils in a pan of boiling water for 15-20 minutes until softened. Drain well. Transfer to a large bowl to cool
3. Meanwhile, heat oil in a large frying pan on medium. Cook onion and garlic for 4-5 minutes until softened. Add spices and cook for 1 minute until fragrant. Add spinach, stirring until just wilted. Transfer to bowl with lentils and sweet potato. Mix well and season to taste. Chill until cold. Form into patties and toss in flour to coat. Place on a baking paper-lined tray
4. Heat oil in frying pan on medium-high. Cook patties for 2-3 minutes each side until golden. Drain on paper towel. Serve patties with yoghurt and lemon wedges

Tips

Brown lentils are also labelled as green lentils. They are larger than the French lentils.

For gluten free option – replace plain flour for gluten-free flour.

PLEASE FUSSY EATERS EVERY TIME

Veggie-smuggling ideas to keep your choosiest dinner companions happy.



If encouraging fussy eaters to enjoy their veggies is proving to be a challenge, sweet potatoes may just be your perfect solution. The options are endless when it comes to creating tasty sweet potato recipes. But, even a fussy eater won't be able to resist the scent of these dishes emerging from the kitchen.



Baked Wedges and Fries

Baked sweet potato wedges and fries are not only a much healthier alternative to their fried counterparts, but they're also an absolute winner for fussy-eaters.



Sweet Potato Patties

Whether enjoyed on their own, or served as part of a nutritious and delicious burger, soft sweet potato patties are the ultimate veggie smuggler meal.



Easy Pasta Bake

Pasta bake is an easy dish in which you can disguise some extra veggies and increase those much-needed nutrients. Add sweet potato to your favourite pasta bake recipe, pop it in the oven, and ta-da – an easy kids or infant-friendly meal awaits!

SUPER FAMILY MEALS

Feed the whole family with these flavoursome, hearty and healthy sweet potato recipes.







SWEET POTATO WEDGES WITH DIPS

Prep Time: 10 minutes

Cook Time: 40 minutes

Serves: 6

Ingredients

3 small Sweet Potatoes (about 600g), scrubbed cut into wedges

2 tablespoons olive oil

Beetroot dip, semi-dried tomato dip, tzatziki, to serve

Method

1. Preheat oven to 220°C/200°C fan forced. Line 2 oven trays with baking paper
2. Arrange wedges on trays, leaving a space between each one. Drizzle with olive oil and bake about 30-35 minutes, turning once. Season to taste and serve with dips

Tips

Use any selection of dips of choice.



SWEET POTATO TOAST TOPPERS

SWEET POTATO TOAST TOPPED WITH MASHED AVOCADO, CHICKEN AND AIOLI

Prep Time: 15 minutes

Cook Time: 15 minutes

Serves: 6

Ingredients

6 slices (5mm thick)
Sweet Potato, skin on
1 avocado, mashed
¾ cup baby spinach
leaves
1 cup shredded BBQ
chicken
¼ cup aioli

Method

1. Preheat oven to 200°C /180°C fan-forced. Line an oven tray with baking paper. Arrange slices on tray. Spray with oil and season to taste. Bake for 10-15 minutes until golden and tender
2. Spread toasts with avocado. Top with spinach and chicken. Drizzle with aioli. Serve immediately

Tips

You can also cook toasts in a sandwich press (between 2 sheets of baking paper) for about 5 minutes until browned and tender.



SWEET POTATO TOAST TOPPERS

SWEET POTATO TOAST TOPPED WITH TOMATO MEDLEY AND BALSAMIC GLAZE

Prep Time: 15 minutes

Cook Time: 15 minutes

Serves: 6

Ingredients

6 slices (5mm thick)
Sweet Potato, skin on
200g tomato medley,
chopped
½ red onion, thinly
sliced
Baby basil leaves and
balsamic glaze, to
serve

Method

1. Preheat oven to 200°C /180°C fan-forced. Line an oven tray with baking paper. Arrange slices on tray. Spray with oil and season to taste. Bake for 10-15 minutes until golden and tender
2. Top toasts with tomatoes and onion. Sprinkle with basil leaves and drizzle with balsamic glaze. Serve immediately



SWEET POTATO HUMMUS – 3 WAYS

BASE RECIPE

Prep Time: 20 minutes

Cook Time: 25 minutes

Makes: 3 cups

Ingredients

400g Sweet Potato, peeled, cubed
1 tablespoon olive oil
400g can chickpeas, rinsed, drained
2 tablespoons tahini
2 tablespoons lemon juice
1 clove garlic, chopped
Olive oil and pita bread crisps, to serve

Method

1. Preheat oven to 200°C /180°C fan-forced. Line an oven tray with baking paper
2. Place sweet potato on tray and drizzle with oil. Toss well and season
3. Bake for 20-25 minutes until tender and golden. Set aside to cool
4. Place sweet potato, chickpeas, tahini, lemon juice and garlic in a food processor. Process with enough warm water until smooth. Season. Serve drizzled with olive oil. Accompany with pita crisps

CORIANDER HUMMUS WITH HONEY ROASTED CASHEWS

Ingredients

2 tablespoons chopped coriander
2 tablespoons chopped honey roasted cashews
1 teaspoon dried chili flakes

Method

1. Top hummus with coriander, cashews and chili flakes. Serve drizzled with olive oil. Accompany with pita crisps

SWEET POTATO HUMMUS – 3 WAYS

HUMMUS WITH POMEGRANATE MOLASSES AND PISTACHIOS

Ingredients

1 tablespoon
pomegranate
molasses

2 tablespoons
pomegranate arils

1 tablespoon chopped
pistachios

Method

1. Top hummus with pomegranate, molasses and pistachios. Serve drizzled with olive oil. Accompany with pita crisps

HUMMUS WITH FIRE ROASTED CAPSICUM, FETA AND SMOKED PAPRIKA

Ingredients

2 tablespoons fire
roasted capsicum
strips

40g feta, crumbled

¼ teaspoon smoked
paprika

Method

1. Top hummus with fire roasted capsicum, feta and smoked paprika. Serve drizzled with olive oil. Accompany with pita crisps



STAND AND STUFF SWEET POTATOES

Prep Time: 20 minutes

Cook Time: 40 minutes

Serves: 4

Ingredients

4 small Sweet Potatoes
(about 200g each)
1 tablespoon olive oil
1 cup shredded kale leaves
1 cup shredded red
cabbage
1 small carrot, cut into
matchsticks
2 green onions, sliced
thinly
250g pulled pork

CHIPOTLE AIOLI

½ cup aioli
2 chipotle chillies in
abodo sauce

Method

1. Preheat oven to 200°C /180°C fan-forced. Prick sweet potato all over with a small sharp knife. Place two sweet potatoes in a heatproof bowl. Cover with cling film and microwave for 4 minutes. Turn and cook for further 4 minutes. Repeat with remaining sweet potatoes
2. Place sweet potatoes on a lined oven tray. Drizzle with oil and bake for 25-30 minutes until very tender and golden
3. Combine kale, cabbage, carrot and onion in a bowl
4. Split the sweet potatoes down the centre with a sharp knife and ease open. Divide slaw and pork between potatoes. Blend or process aioli and chillies until smooth. Drizzle over pork



ULTIMATE SWEET POTATO MASH

Prep Time: 10 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients

800g Sweet Potato,
peeled, chopped
½ cup thickened cream
60g butter
Salt and pepper

Method

1. Place the sweet potatoes in a steaming basket over a medium pan of water and steam for 15 minutes or until tender
2. Place in a large bowl with cream and butter. Mash with a potato masher until smooth. Season with salt and pepper



SWEET POTATO PASTA BAKE WITH SPINACH & PINE NUTS

Prep Time: 20 minutes

Cook Time: 50 minutes

Makes: 6

Ingredients

350g penne or other pasta
1 tablespoon olive oil
1 small onion, finely chopped
2 garlic cloves, crushed
500g lean beef mince
400g Sweet Potato, peeled, coarsely grated
1 small zucchini, coarsely grated
2 tablespoons tomato paste
400g can diced tomatoes
1 cup salt-reduced beef stock
4 sprigs thyme
50g baby spinach leaves
100g ricotta
½ cup (40g) grated parmesan
2 tablespoons pine nuts

Method

1. Cook pasta in a large pan of salted, boiling water until al dente. Drain well
2. Meanwhile, heat oil in a medium pan on medium-high heat. Cook onion and garlic for 3-4 min until softened. Add beef and cook until browned, breaking up lumps with a spoon. Add sweet potato and zucchini. Cook for 2 min until softened slightly
3. Add paste, tomatoes, stock and thyme. Simmer, uncovered for 15-20 min until thickened slightly. Stir through spinach leaves until wilted
4. Meanwhile, preheat oven to 220°C/200°C fan-forced
5. Combine pasta and beef mixture in an 8-cup capacity ovenproof dish. Sprinkle with ricotta, parmesan and pine nuts. Bake for 15-20 min until golden



ROAST SWEET POTATO MEDLEY WITH RIB-EYE STEAK

Prep Time: 10 minutes

Cook Time: 50 minutes

Serves: 4

Ingredients

400g each Gold, Purple and White Sweet Potato, chopped

3 tablespoons olive oil, plus extra for steaks

½ bunch fresh thyme sprigs

4 x beef rib-eye steaks

Mustard, to serve

Method

1. Preheat oven to 200°C/180°C. Line two oven trays with baking paper. Combine sweet potatoes evenly on trays. Toss with olive oil to coat and season. Bake for 35-40 minutes until golden and tender
2. Meanwhile, drizzle steaks with extra oil. Sprinkle both sides with salt and pepper. Cook steaks in a large oven-proof frying pan over medium-high heat for 2-3 minutes each side until browned. Transfer pan to oven and cook for about 5 minutes until cooked to taste. Rest steaks for 5 minutes
3. Serve steaks with potato medley and mustard



LEMON AND HERB FISH WITH SWEET POTATO MASH

Prep Time: 20 minutes

Cook Time: 1 hour

Serves: 4

Ingredients

600g Sweet Potato,
peeled, chopped

¼ cup (60g) light sour
cream

3 teaspoons
wholegrain mustard

¾ cup sourdough
breadcrumbs

⅓ cup (40g) grated
parmesan

1 tablespoon chopped
parsley

1 teaspoon finely
grated lemon rind

3 teaspoons olive oil

4 x 120g barramundi
fillets, skin off

250g steamed broccoli
florets, to serve

Method

1. Preheat oven to 200°C/180°C fan-forced
2. Boil, steam or microwave sweet potato until tender. Mash with sour cream and mustard. Season to taste
3. Meanwhile, combine breadcrumbs, parmesan, parsley, lemon and oil in a bowl. Mix well
4. Place fish on a baking paper-lined tray. Coat fish with crumb mixture. Bake for 15-20 minutes until fish flakes easily with a fork
5. Serve fish with mash and broccoli



SWEET POTATO AND PECAN PIES

Prep Time: 35 minutes

Cook Time: 45 minutes

Makes: 6

Ingredients

PASTRY

1½ cups (225g) plain flour
2 tablespoons icing sugar
125g cold butter, chopped
1 egg yolk
1-2 tablespoons iced water

FILLING

500g Sweet Potato, peeled, chopped
½ cup (110g) brown sugar
1 teaspoon vanilla bean paste
1 teaspoon cinnamon
½ teaspoon ground ginger
¼ teaspoon nutmeg
1 cup (250ml) pouring cream
2 eggs
½ cup chopped pecans
Whipped cream and maple syrup, to serve

Method

PASTRY

1. Grease six 10cm loose based fluted tart tins
2. Process flour, icing sugar and butter until crumbly. Add egg yolk and enough of the water to make dough come together. Knead dough on floured surface until smooth. Wrap in plastic and chill for 30 minutes
3. Preheat oven to 200°C /180°C. Meanwhile, steam sweet potato until tender. Cool 10 minutes
4. Divide pastry into six portions. Roll out each and line tins. Chill for 15 minutes. Line pastry with baking paper, fill with dried beans or rice. Bake 10 minutes; remove paper and beans. Bake 5 minutes or until browned lightly
5. Reduce oven to 180°C /160°C

FILLING

1. Blend or process sweet potato with sugar, paste, spices, cream and eggs until smooth. Pour mixture into pastry cases. Sprinkle with pecans
2. Bake for 25-30 minutes until set. Cool to room temperature before chilling until firm. Serve topped with whipped cream and a drizzle of maple syrup



SWEET POTATO CHURROS WITH CACAO DIPPING SAUCE

Prep Time: 25 minutes

Cook Time: 20 minutes

Makes: Approximately 35

Ingredients

SWEET POTATO CHURROS

¾ cup (185ml) water
60g butter
¾ cup (110g) plain flour
Pinch salt
½ teaspoon cinnamon,
plus 1 teaspoon, extra
for dusting
Pinch nutmeg
½ cup Sweet Potato puree
2 eggs
Vegetable oil, for
deep-frying
¼ cup (55g) caster sugar

RAW CHOCOLATE SAUCE

3 tablespoons rice malt
syrup
2 tablespoons coconut oil
1½ tablespoons cacao
powder
1 teaspoon vanilla extract

Method

SWEET POTATO CHURROS

1. Preheat oven to 200°C /180°C fan-forced
2. Combine water and butter in a medium saucepan and bring to the boil over high heat until butter melts. Add flour, salt and spices and stir with a wooden spoon until dough comes away from the side of pan
3. Remove from heat. Add puree, stirring until combined. Cool 5 minutes
4. Add eggs, one at a time, beating well after each addition until well combined. Spoon dough into a piping bag fitted with a 1.5cm star nozzle
5. Add enough oil in a large saucepan until 6cm deep. Heat oil to 180°C over medium heat. Pipe 7cm lengths of dough into the oil cutting dough with a small sharp knife or scissors. Deep-fry for 2-3 minutes until golden brown
6. Using a slotted spoon, transfer churros to a plate lined with paper towel. Dust with combined sugar and extra cinnamon. Repeat with remaining dough, in batches

RAW CHOCOLATE SAUCE

1. Melt coconut oil in small pan. Stir in syrup, cacao and vanilla until smooth. Serve churros with sauce

Tips

Chill chocolate sauce, if you prefer a thicker sauce.



SWEET POTATO, COCONUT AND PEANUT BUTTER ICE CREAM

Prep Time: 15 minutes plus chilling and freezing time

Cook Time: 1 hour

Makes: 800ml

Ingredients

500g Sweet Potato
400ml can coconut milk
⅓ cup (80ml) maple syrup
2 tablespoons smooth peanut butter
2 teaspoons vanilla bean paste
Waffle cones and granulated peanuts, to serve

Method

1. Preheat oven to 200°C/180°C fan forced. Prick sweet potato all over with a small sharp knife. Spray with oil and bake for about 1 hour or until tender. Cool slightly before removing skin. Chill until cold
2. Process sweet potato, coconut milk, syrup, peanut butter and paste until smooth. Chill mixture for 30 minutes until cold
3. Churn ice cream until desired consistency before pouring into a 1-litre capacity dish. Freeze until firm. Stand at room temperature until softened before serving in waffle cones. Sprinkle with nuts





SWEET POTATO VEGAN CHEESECAKE

Prep Time: 30 minutes, plus soaking time and freezing time

Cook Time: 1 hour 15 minutes

Serves: 12

Ingredients

CHEESECAKE

- 500g Sweet Potato
- ½ cup (80g) whole almonds (with skin)
- 100g medjool dates, pitted (for base)
- 2 cups cashews, soaked overnight
- ¼ cup (60ml) coconut oil
- 80g medjool dates, pitted (for filling)
- ½ cup (125ml) rice malt syrup
- 2 tablespoons lemon juice
- 2 teaspoons vanilla bean paste
- 1½ tsp ground cinnamon
- ½ tsp mixed spice
- ¼ teaspoon ground ginger

PRALINE

- ½ cup natural sliced almonds, toasted
- 1 cup caster sugar
- ⅓ cup water

Method

CHEESECAKE

1. Preheat oven to 200°C /180°C fan-forced. Prick sweet potato all over with a small knife. Spray with oil and place on a tray. Bake for about an hour or until tender. Cool slightly before removing skin
2. Combine almonds and dates in a food processor. Process until fine and sticky. Using damp hands, press mixture into a lined 20cm spring form pan. Chill until needed
3. Drain cashews and place in a food processor with oil, dates, syrup, juice, paste and spices. Process until completely smooth (this may take a few minutes). Add sweet potato and process until combined. Pour over almond base in pan
4. Level top and freeze, covered for 4 hours or overnight until firm. Once firm, transfer to fridge

PRALINE

1. Scatter almonds over a baking paper-lined tray. Combine sugar and water in a saucepan over low heat. Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Boil, without stirring, for about 5-8 minutes until mixture turns golden
2. Remove from heat and let bubbles subside. Pour over almonds. Allow to cool. Break into shards
3. Serve cheesecake topped with praline shards

MAKING LIFE SWEETER



Keep your cool in the kitchen with these no-fuss tips for preparing and cooking your sweet potatoes with ease.

First things first:

PREP YOUR SWEET POTATOES

Under cold running water, scrub sweet potatoes with a vegetable brush to remove any dirt and grime.

TO PEEL OR NOT TO PEEL?

Although peeling sweet potatoes is not essential, it is recommended for some recipes. Leaving the skin on can result in crispier, crunchier sweet potato dishes – perfect for wedges, chips, or roasting pieces. When cooking methods call for a smoother texture – in mashes, soups and purees, for example – it's usually better to peel first.



Wonderful wedges

To create café-style wedges, cut off the sweet potato ends. Cut in half crosswise, lay the halves flat-side down, then cut in half lengthwise. Cut these pieces in half lengthwise again, then cut each piece in half.



When things get dicey

To dice your sweet potato, start by cutting off its ends. Crosswise, cut the sweet potato in half. Then, lengthwise, cut the two pieces in half. Flat-side down, slice the sweet potato lengthwise into three or four pieces. Holding the slices in place, cut crosswise to create square pieces.



Little slice of paradise

Ready to slice your sweet potato? First, cut off the ends. Lay the sweet potato on its side, hold firmly and slice crosswise, to create thin circle slices. Determine whether your recipe requires thick or thin slices, then get chopping.



Bake and wait

To bake your sweet potato whole, prick the sweet potato two or three times with a fork, then wrap it loosely with aluminium foil. Ensure that the foil is well-sealed and place into the oven for your required cooking time.

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