KIKKOMAN

Spiced Sweet Potato Mash

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,384 kJ / 331 kcal

Fat: **22.1 g** Protein: **3.3 g**
Carbohydrates: **31.2 g**

INGREDIENTS

4 portion(s)

500 g	sweet potatoes, peeled
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
100 g	butter
1	orange, grated
1 pinch	nutmeg

PREPARATION

Step 1

Cut the sweet potatoes into small pieces and boil them in water until soft. Drain them, return them to the pan on the stove (which should be off, but still hot) and allow any residual water to steam off.

Step 2

Season with butter, Kikkoman soy sauce, orange zest and grated nutmeg and mash well.