

Spiced Sweet Potato Mash

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

Nutritional facts (per portion): **1384 kJ** / **331 kcal**

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

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.

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