KIKKOMAN

Sweet potato poutine

Total time **55 mins** **25 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
3,879 kJ / 927 kcal

Fat: **67 g** Protein: **25 g**
Carbohydrates: **108 g**

INGREDIENTS

2 portion(s)

Sweet potato fries:

700 g	sweet potatoes
1.5 tbsp	rapeseed oil
1 tbsp	potato starch
0.5 tbsp	cornflour
0.5 tsp	granulated garlic
0.5 tsp	sweet paprika powder

Mushroom gravy:

2 tbsp	rapeseed oil
100 g	mushrooms, sliced
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
30 g	butter
1	small shallot, diced
1	garlic clove, chopped
10 g	wheat flour
10 g	potato starch
200 ml	vegetable stock
0.5 tsp	dried thyme
0.5 tsp	freshly ground black pepper

Additionally:

160 g	mozzarella
1 tbsp	chopped chives
0.5 tsp	freshly ground black pepper

PREPARATION

Step 1

700 g sweet potatoes - **1.5 tbsp** rapeseed oil - **1 tbsp** potato starch - **0.5 tbsp** cornflour - **0.5 tsp** granulated garlic - **0.5 tsp** sweet paprika powder
Wash the sweet potatoes and cut them into fries about 1.5 cm thick. Transfer to a bowl and pour cold water over them. Leave to soak for 20 minutes. Dry the fries thoroughly, add the oil, cornflour, potato starch and spices. Mix well and transfer to a hot air fryer. Bake at 200° C for 30 minutes. Stir the fries several times during baking.

Step 2

2 tbsp rapeseed oil - **100 g** mushrooms, sliced - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **30 g** butter - **1** small shallot, diced - **1** garlic clove, chopped - **10 g** wheat flour - **10 g** potato starch - **200 ml** vegetable stock - **0.5 tsp** dried thyme - **0.5 tsp** freshly ground black pepper
Heat the oil in a pan, add the mushrooms and 1 tablespoon of Kikkoman Soy Sauce. Sauté until golden, then transfer to a plate. Add the butter, shallot and garlic to the pan and sauté until soft. Add the wheat flour and potato starch and fry until golden. Pour in the stock, return the mushrooms to the pan, stir in 2 tablespoons of Kikkoman Soy Sauce and spices and simmer over a low heat, stirring constantly until the sauce thickens.

Step 3

160 g mozzarella - **1 tbsp** chopped chives - **0.5 tsp** freshly ground black pepper
Place the hot fries on a plate, add the torn mozzarella and pour the hot mushroom sauce over them. Sprinkle with the chives and pepper and

serve immediately.