



# SWEET POTATO SPAGHETTI

**SERVINGS: 4**

**PREP TIME: 5 MINUTES**

**TOTAL TIME: 15 MINUTES**

## NOTES:



**MADE IN JUST 30 MINUTES**



**LESS THAN £2 PER SERVING**



**BASIC KITCEHN EQUIPMENT**



**LOW DIFFICULTY**

## INGREDIENTS

**600G SWEET POTATOES, PEELED  
AND CUT INTO BITESIZE CHUNKS  
1 GARLIC CLOVE, PEELED  
25G PARMESAN OR OTHER CHEESE,  
FINELY GRATED  
150ML DOUBLE CREAM  
350G SPAGHETTI**

**OPTIONAL EXTRAS AND SIDES:  
350G FRESH OR FROZEN SPINACH  
200G FRESH OR TINNED PEAS OR  
SWEETCORN  
HANDFUL OF OLIVES  
EXTRA CHEESE  
CRUSTY OR GARLIC BREAD TO SERVE**

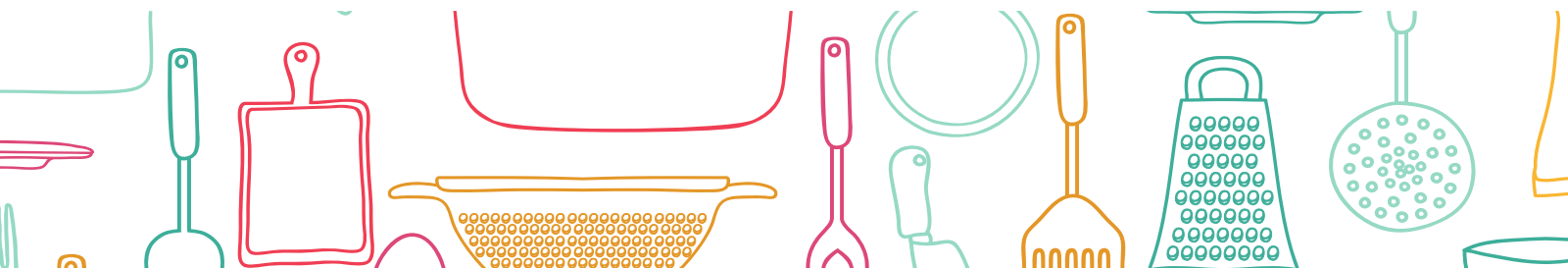
**RECIPE ON REVERSE SIDE.**

**CHECK OUT THE AROMA INSTAGRAM  
AND FACEBOOK PAGE FOR  
TUTORIALS AND COOK-ALONG  
SESSIONS.**



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## METHOD

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**BOIL THE SWEET POTATOES AND PEELED GARLIC CLOVE IN A PAN OVER A MEDIUM-HIGH HEAT WITH THE LID ON FOR 10-15 MINS UNTIL THE POTATO IS REALLY TENDER AND FALLS OFF A FORK EASILY WHEN PIERCED.**

**DRAIN WELL. FINELY CHOP THE BLANCHED GARLIC CLOVE, THEN TIP BACK INTO THE PAN WITH THE DRAINED SWEET POTATOES.**

**ADD THE PARMESAN AND DOUBLE CREAM, THEN BLEND TO A SMOOTH, THICK SAUCE USING A STICK BLENDER, LIQUIDISER OR FOOD PROCESSER (EQUALLY A POTATO MASHER WOULD WORK).**

**MEANWHILE, COOK THE PASTA ACCORDING TO PACK INSTRUCTIONS, ADDING THE SPINACH OR OTHER VEGETABLES TO THE PAN FOR THE LAST 3 MINS.**

**DRAIN WELL, RESERVING 100ML OF THE PASTA WATER.**

**TIP THE SPAGHETTI AND VEGETABLES INTO THE SWEET POTATO SAUCE AND ADD THE RESERVED WATER.**

**TOSS EVERYTHING TOGETHER UNTIL THE SPAGHETTI IS WELL COATED.**

**SEASON, THEN PILE INTO BOWLS WITH MORE PARMESAN AND ANY OTHER EXTRAS.**

**SERVE AND ENJOY!**