



Sweet Potato Toast with Spicy Toppings

⌚ 40–50 Min ♡ ♡ ♡

Preparation

- 1 Peel and slice the sweet potatoes. The slices should be around 1-cm thick as this will help them keep their shape.
- 2 Preheat the oven to 200°C (392°F) and place the slices on a baking tray. We recommend turning the slices every 5 minutes or so. Bake for 25 minutes (ideally). If you want to be sure that the slices of sweet potato are actually cooked, prick them with a fork to check.
- 3 You can now coat the cooked slices of sweet potato with the required topping.
- 4 The Mediterranean option: Coat the sweet potatoes with a little basil pesto along with sliced radishes, cocktail tomatoes and grated Parmesan. Season with Kotányi Himalayan Salt and Rainbow Peppercorns and garnish with fresh basil leaves.
- 5 The salmon option: Coat the sweet potatoes with a little cottage cheese. Thinly slice the avocado and use this and the salmon to cover the potatoes. Season with dill sauce and Kotányi Himalayan Salt and Pepper.
- 6 The sweet option: Coat the sweet potatoes with the peanut butter and cover with slices of banana and fresh berries. Garnish with a pinch of Kotányi Cinnamon.

Ingredients 4 Portions

♦ = Kotányi Produkte

4 Stk. Sweet potatoes

For the sweet topping

100 g Peanut butter

1 Fresh berries, cup full

1 Stk. Banana

1 pinch ♦ Cinnamon Ceylon

For the salmon topping:

100 g Smoked salmon

250 g Cottage cheese

2 Stk. Avocados

Dill sauce

1 pinch ♦ Sea Salt, Coarse

For the Mediterranean topping

5 Stk. Cocktail tomatoes

5 Stk. Radishes

3 tbsp. Basil pesto

1 Handful of arugula

2 tbsp. Basil, fresh

100 g Parmesan

1 pinch ♦ Sea Salt, Coarse

1 pinch ♦ Pepper Black, Whole

