

Sweet Potato Veggie Mince Pan

30—45 Min

Ingredients 4 Portions

= Kotányi Produkte

600 g	Sweet potato
500 g	Mince, vegan
1 pcs.	Onion
2 pcs.	Garlic cloves
2 tbsp.	Tomato puree
100 ml	Whipping cream
150 ml	Water
200 g	Can of chopped tomatoes
1 tbsp.	Oregano, Crushed
1 tbsp.	Marjoram, Crushed
1 tbsp.	Lemongrass, Chopped

Preparation

1. First peel the sweet potato and dice into bite-sized pieces. Peel and finely chop the onion and garlic.
2. Add 1 tablespoon of oil in a non-stick pan and fry the vegan mince. Add the onion and garlic and fry. Then stir in the tomato puree.
3. Mix in the herbs and season with salt and pepper to taste. Now stir in the sweet potatoes, water and the whipping cream together with the chopped tomatoes.
4. Put a lid on the pan and allow to simmer for around 10–15 minutes, stirring occasionally.
5. Serve with fresh herbs and if desired in half of a hollowed out baked sweet potato.