



Sweet Potato Veggie Mince Pan

🕒 30–45 Min   

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.

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

