

Steamed Sweet Potato, Soy Dressing and Rice Seasoning

EQUIPMENT

Peeler, Perforated Baking Tray, Baking Paper, Knife, Tablespoon, Shallow Bowl for Serving

INGREDIENTS

2 Sweet Potato, 2 Tablespoon Good Quality Japanese Soy, 1 Tablespoon Mirin, 1 Tablespoon Rice Vinegar, Juice of ½ a Lime, 8-10 Drops Pure Sesame Oil, 2 Tablespoons Extra Virgin Olive Oil, 1 Tablespoon Noritamago Furikake rice Seasoning, Ito Toragashi and Coriander Leaves for Garnish

METHOD

Preheat the oven to steam setting 100°C (212°F), Peel sweet potato and place on a perforated tray lined with baking paper. Drizzle the potato with extra virgin olive oil and season with salt. Place in the oven and set the timer for 30 minutes.

Next mix all ingredients for the dressing into the serving bowl, the dressing should be slightly acidic, set aside.

Once the potato is cooked remove from the oven and score the potato lengthways to open it up a little. Place the potato into the bowl with the dressing and spoon the dressing over the cooked potato.

Garnish the potato with a tablespoon of rice seasoning, coriander leaves and toragashi and serve immediately.

HINTS & TIPS

- This is a great option for vegetarians and easy to prepare, try similar dishes with other root vegetables like celeriac or even pumpkin.