



Sweet Potato Mash with Chinese Broccoli and Ginger Dressing

Serves 2

Another delicious detox dish, with a good dose of antioxidants plus anti-inflammatory benefits from the ginger dressing. Particularly rich in Vitamin A, this dish will nourish the eyes and skin.

Ingredients:

Chinese broccoli, trimmed	50g	Detox ginger dressing	50 ml
Sweet potato, peeled and cubed	200g	Sea salt	Pinch
Nutmeg	Pinch	Pepper black	To Taste
Coconut water	200 ml	Olive oil	3 ml
Vegetable stock	100 ml	Fresh thyme	3 sprigs

Method

1. Place the coconut water and vegetable stock in a saucepan and bring to the boil. Add the sweet potato and simmer until cooked through.
2. While the sweet potato is cooking, blanch the Chinese broccoli for 20 seconds and then place immediately into ice water to cool. Remove from ice water and set aside.
3. Strain the sweet potato (reserve the cooking liquid), and then place on a tray in an open oven for a few minutes to steam out any remaining water.
4. Mash the sweetpotato, seasoning with salt, nutmeg and olive oil. Add a little of the reserved cooking liquid to get a creamy consistency. Crush 1 sprig of thyme leaves with your hands and add to mashed sweet potato.
5. Heat the dressing in a saucepan on a low heat, adding the Chinese broccoli until it is warmed through (approximately 1 minute).
6. Pipe the sweet potato mash in the middle of your plates, place the broccoli around the mash and drizzle the dressing on the broccoli . Garnish with fresh thyme.

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here:

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