Sweet Potato Nests

Ingredients

450g/1lb sweet potato

120g parsnips

120g cauliflower

60g French beans

15g butter

7g Loprofin Mix

100ml low protein milk

Salt and pepper

Oven temperature: 200°C/400°F/Gas Mark 6

Method

1. Peel the sweet potatoes and parsnips and cut into chunks, place in a saucepan and cover with cold water. Bring to the boil, cover, reduce the heat and simmer for 10 minutes, until tender.
2. Meanwhile break or cut the cauliflower into small florets and chop the French beans, transfer to a saucepan and cover with cold water. Bring to the boil, cover, reduce the heat and simmer for 5 minutes.
3. Drain the sweet potato and parsnip thoroughly, add half of the butter and mash, until smooth.
4. Transfer the sweet potato to a large piping bag fitted with a 1.5cm (¾ inch) star vegetable nozzle and pipe 4 nest shapes onto a greased baking tray. Bake in a preheated oven for 10 minutes, until just starting to brown.
5. Drain the cauliflower and beans and place in a small bowl. Place the saucepan over a low heat, add the remaining butter, stir gently until melted. Remove the pan from the heat and gradually stir/whisk in the Loprofin Mix and low protein milk.
6. Return the pan to the heat and bring to the boil, stirring. Add the cauliflower, beans and seasoning to taste, reheat.
7. Carefully transfer the sweet potato nests to warmed serving dishes and spoon the vegetables into the hollows. Serve at once.

This recipe was provided by Nutricia