

Sweet potato ‘pasta’ with roasted red pepper and mushroom sauce

This sweet potato pasta recipe is a sure-fire favourite. The sweet pasta is coupled perfectly with the tang of red pepper. This wonderful pasta dish contains essential fibre, vitamins, minerals and great complex carbohydrates with no processed pasta needed.

Servings	Prep Time	Cook Time
1 serving	15 minutes	15 minutes

Ingredients

- 2 organic sweet potatoes (peeled)
- 2 cloves of garlic (diced or pressed)
- 1 fresh organic red pepper (sliced longways)
- 1 cup almond milk
- 1 tablespoon fresh basil, chopped
- 1 cup fresh mushrooms (chopped)
- extra virgin olive oil

1. After your sweet potatoes are peeled, use your peeler (or a spiraliser if you have one handy) to make the noodles.
2. Set the noodles aside while you make the sauce.
3. Broil your sliced red peppers for about 10 minutes.
4. Take them out of the oven and add them to your food processor with all the other prepped ingredients. Blend everything up until smooth to create a creamy sauce.
5. Next up, cook your pasta! Sauté your sweet potato pasta for one minute in coconut oil over a medium heat.
6. Add the sauce and stir slowly, reducing the heat to low.
7. Cover and let steam for five minutes.
8. Serve and enjoy!