

Under 30 minutes

Serves 4 (as a side)

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Ingredients:

- 800g orange sweet potatoes, peeled and cubed
- 3 Tbsp (45ml) olive oil
- 1 tsp (5ml) each garam masala and mild curry powder
- ½ tsp (3ml) ground cumin
- Milk, for thinning
- Salt and milled pepper

Method

1. Boil sweet potatoes for 12-15 minutes until soft but not falling apart. Drain.
2. Heat oil, add spice and cook for 30-60 seconds until fragrant.
3. Add spice mixture to sweet potatoes and mash, adding a glug of milk if needed.
4. Season and serve hot.

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