



🕒 Approximately **20 min**

🔥 **365** kcal p.p.

👤 **2** persons

WHAT YOU NEED

- Sweet potatoes: 400 g
- A small package of frozen peas: 1 pcs
- Lime: 1 pcs
- Black sesame seeds: 10 g
- A package of dandelion leaves: 1 pcs
- A tray of cress: 1 pcs
- Zucchini: 1 pcs
- Mushrooms brown: 100 g

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Garlic cloves: 1 pcs
- Rapeseed oil

ALLERGENS



SHREDDED SWEET POTATO BOWL WITH PEAS, SESAME SEEDS, LIME AND DANDELION

INSTRUCTIONS

- Peel and finely slice the garlic clove. Wash and shred the zucchini. Heat 1 tbsp. olive oil in a larger pan and sauté the sliced garlic for 1-2 min. on medium heat. Fold in the zucchini and sauté for another 3 minutes. Set aside on a plate. Add another dash of olive oil to the pan. Add the peas and 2-3 tbsp. water and sauté the peas on medium heat to your liking. Season to taste with salt and pepper.
- Wash and dry the dandelion leaves and halve them if they are big. Clean and finely slice the mushrooms. Peel the sweet potato and shred it into a bowl. Fold in the juice of half a lime, the black sesame seeds and massage for 30 seconds with your hands. Season with a pinch of salt and pepper if desired. Cut off the cress.
- Add the dandelion leaves to each 1 bowl per person. Top with peas, sweet potatoes, zucchini, mushrooms and cress. Drizzle with some rapeseed oil and another dash of lime juice if desired.