

# Vegan Sweet Potato Macaroni



## Dish Description / Methods:

- Steam the sweet potato whole until soft then cool, peel and place in a blender add the rice drink and blend till smooth. Finely chop the parsley.
- Cook pasta according to manufacturer's recommendations, refresh in cold water and drain.
- Juice the lemon then add the remaining ingredients [except pasta] to the sweet potato and blend thoroughly.
- Heat the water and mix with the bouillon and add to the sweet potato sauce to get the required consistency .
- Bring the sauce to the simmer then mix in the pasta. Ensure core temperature has been reached: 75°C.
- Once thoroughly heated, transfer to a serving dish, garnish with freshly chopped parsley and serve piping hot.

## Allergens:

Gluten

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

# Vegan Sweet Potato Macaroni

## Supply Chain

### Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	70361	EVERYDAY FAVOURITES GARLIC POWDER	3000	Grams	20
Bidfood MTD	75049	SWEET POTATO	6000	Grams	1300
Bidfood MTD	75245	BB - PARSLEY PICKED (CURLY)	250	Grams	80
Bidfood MTD	98770	Bb - Lemon Medium.	5	Each	0.5
Bidfood MTD	13686	PURE OLIVE OIL P.E.T.	16000	MI	80
-	Not on MTD	Alpro Rice Long Life Drink 1L	1	MI	520
Bidfood MTD	70488	EVERYDAY FAVOURITES ITALIAN MACARONI	12000	Grams	800
Bidfood MTD	4666	EVERYDAY FAVOURITES VEGETABLE BOUILLON PASTE	2000	Grams	10
-	-	WATER	1	MI	400

### Nutrition per portion (365g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
<b>Total</b>	506.9	94.1	12.5	9.7	1.5	11.4	6.0	0.5
<b>%RNI</b>	25%	36%	14%	14%	7%	23%	20%	8%

**Quality statement:** The details in this document are accurate at the time of production on 14 December 2022. Products may change over time and updates can be found on our website at [www.supplychain.nhs.uk/categories/food](http://www.supplychain.nhs.uk/categories/food) Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.