

# Vegan Sweet Potato Mac

## Supply Chain



### Ingredients

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity to Use – <u>2 portions</u>
Bidfood MTD	70361	Garlic powder	Grams	4
Bidfood MTD	75049	Sweet potato	Grams	260
Bidfood MTD	75245	Picked parsley (Curly)	Grams	16
Bidfood MTD	98770	Lemon	Each	0.1
Bidfood MTD	13686	Pure olive oil	MI	16
Brakes MTFS	113652	Rice drink	MI	104
Bidfood MTD	70488	Macaroni	Grams	160
Bidfood MTD	4666	Vegetable bouillon paste	Grams	2
		Water	MI	80

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### Method:

1. 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.
2. Cook pasta according to manufacturers recommendations and refresh in cold water and drain.
3. Juice the lemon then add the all remaining ingredients [except pasta] to the sweet potato and blend thoroughly.
4. Heat the water and mix the bouillon into it and add to the sweet potato sauce to get the right consistency.
5. Bring sauce to the simmer then mix in the pasta. Ensure core temperature has been reached: 75°C.
6. Once thoroughly heated transfer to serving dish garnish with freshly chopped parsley and serve piping hot.

### Nutrition per portion:

	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%

### Allergens:

Gluten.

**Quality statement:** The details in this document are accurate at the time of production on 9 April 2021. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain Food framework, and so may differ to those you use for this recipe. ***Please do check labelling on products to confirm details, for example allergens.***