

Recipe: Sweet potato mash with fennel and carrot

HEALTH & FITNESS

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Serves: 4 / **Prep:** 15 mins / **Cook:**
30 mins

Combining sweet potatoes with
carrot and fennel, this tasty and

nutritious recipe makes a great light meal, or can be enjoyed as an accompaniment to chicken or white fish. It's also easy to turn the mash into a smooth purée for those with swallowing difficulties.

Ingredients

- 800g sweet potatoes
- 200g carrots
- 200g fennel
- 100g onion
- 200ml organic milk
- 30g extra virgin olive oil

Preparation

Peel the sweet potatoes and cut them into big parts. Cut out the heart of the fennel and remove the fennel fronds (put these aside for later as they can be used as a garnish). Chop the fennel, carrots and onions into very small cubes.

Tip: Make sure these cubes are very small because they will be stewed separately and added to the mash at

the end. This helps each ingredient retain as much of its natural flavour as possible!

Method

1. Boil the sweet potatoes in slightly salted water. Cook them until you easily can poke through them with a fork. Drain the water and allow the sweet potatoes to transpire for a few minutes. Collect the sweet potato cooking water and set aside.
2. Mash the sweet potatoes and add the olive oil. Continue this until you have an even puree. Add the milk and stir until you end up with a smooth sweet potato mash. If you want to avoid dairy, replace it with the sweet potato cooking water.
3. Season with salt and pepper.
4. Braise the onion, carrot and fennel cubes in olive oil on a medium heat. Soften with the sweet potato cooking water. Add them to the mash. Stir and put on a low heat for a few minutes until warmed through.

5. Stir and serve.

Nutrition

Per serving size (375 g)

- Energy 289 kcal
- Protein 5.7g
- Fat 9.1g
- Saturated fat 2.0g
- Mono-unsaturated fat 5.6g
- Poly-unsaturated fat 1.1g
- Cholesterol 5.0mg
- Carbohydrates 48.1g
 - Of which sugars 18.9g
- Fiber 8.3g
- Salt 0.3g
- Allergens: Milk

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Medical info:

For those with dysphagia, make a

smooth puree of the vegetable mixture before adding it to the sweet potato mash. Blending the complete dish with extra milk makes it even more acceptable for more severe cases of dysphagia.

Combining high protein meals with L-dopa might decrease its therapeutic efficiency. Therefore try to eat your largest protein source at the end of the day after which no demanding physical or social activities are planned.

This recipe is from a cookbook developed by Parki's Cookatelier, a Belgian project focusing on specialised nutrition for people with Parkinson's disease. The authors are Yves Meersman and Randy Mellaerts.

For more information:
www.parkiskookatelier.be

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