

Sweet Potato with Miso Butter



The perfect immune system booster. Combining the saltiness of miso with the sweetness of a sweet potato, makes for a delicious taste sensation and the miso fermentation helps to improve the body's ability to digest and absorb foods, so you get the full nutritional value from the sweet potato.

Ingredients

- 4 tbsp salted or unsalted butter, softened
- 3 tbsp white miso paste
- 2 large sweet potatoes
- 4 sprigs thyme
- 1 tbsp sesame seeds, toasted
- 2 tbsp thinly sliced green shallots

Method:

1. Combine the butter, miso paste, and 3 tablespoons of water in a blender, and purée until evenly combined. Add more water if needed to achieve a dressing-like consistency.
2. Place the whole sweet potatoes in a large saucepan and cover with water, bring to a boil.

Reduce the heat to maintain a simmer and cook until the potatoes are soft, approx. 40 minutes.

3. Drain the potatoes and transfer to a serving plate. Halve the potatoes lengthwise and drizzle the flesh with miso butter. Garnish with shallots and sesame seeds and serve.