



SLOW COOKER SWEET POTATOES WITH SPINACH AND MUSHROOMS

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 10 mins, THEN 7 hrs.

Serves: 4



INGREDIENTS

- 2 tbsp coconut oil
- 4 medium sweet potatoes
- 100g shredded baby spinach
- 8 medium size mushrooms, thinly sliced
- 4 spring onions, thinly sliced
- 1/2 tsp smoked paprika powder
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 tbsp coriander, finely chopped to garnish
- 1/2 cup coconut milk

METHOD

- Scrub sweet potatoes under running water, and cut both ends off.
- Place them in the microwave and cook slightly, about 8 mins. (until only slightly cooked).
- While they are cooking slightly, put spinach, mushrooms, spring onions, coconut oil, paprika, salt and pepper into pan.
- Heat and simmer for 5-7 mins stirring, until soft, add coconut milk and mix.
- Cut each potato lengthwise down the centre, without cutting all the way through and open.
- Lay each one on a piece of foil, and place mixture in between potato sides, adding liquid too.
- Close potato and wrap in foil tightly, and place into slow cooker.
- Cover and cook on low heat for 7 hours. (6-8 hours are fine)
- Serve by opening foil package, place onto serving plates and sprinkle with chopped coriander.