

Sweet Potato & Coleslaw



If you like sweet potatoes, you've got to try this one! This healing coleslaw is just amazing - it's crunchy, juicy and fresh. It's a game changer, I don't think you will regret giving this dish a go.

Servings: 1

Ingredients

2 sweet potatoes
1 avocado
arugula

Coleslaw

5 Brussels sprouts
1 carrot
1 dl shredded red cabbage
0.5 dl chopped coriander
1 spring onion
1 clove of garlic
2 tbsp lemon juice
1 tbsp maple syrup

Instructions

1. Peel the sweet potato and chop it into pieces. Steam it until soft.
2. Meanwhile, make your coleslaw by rinsing and finely slicing all the vegetables. Put them in a bowl and pour lemon juice and maple syrup on them. Stir well.
3. Also, rinse the arugula and put it in a bowl. Squeeze some lemon juice over it and give it a stir.
4. When the potatoes are ready, put everything in a large salad bowl or on a large plate.
5. Serve with a sliced avocado. If you feel like it, you can sprinkle some herbal salt on top of the potatoes.

Recipe inspired by Medical Medium.