

Sweet Potato, Zucchini & Egg Puree



Preparation time: 20 mins

User Rating: ★★★★★

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Categories: Vegetarian, First Foods



Ingredients

- 450g sweet potato, peeled, chopped
- 1 large zucchini, chopped
- 1 egg

Method

1. Place sweet potato in a steamer over a saucepan of simmering water. Cover and steam for 10 minutes or until almost tender. Add zucchini and steam for 3 minutes or until vegetables are tender.
2. Alternatively, place vegetables into a microwave safe dish and add 4 tablespoons of water. Cover with a lid and cook on 100% power for 5 minutes. Stand for 3 minutes before opening lid
3. Drain. Set aside to cool slightly.
4. Meanwhile, place egg in a small saucepan of water and bring to the boil over a high heat. Reduce heat to medium and simmer for 8 minutes. Drain and rinse under cold running water. Peel egg.
5. Process sweet potato and zucchini in a food processor until smooth (or alternatively you can use a blender).

6. Serve pureed vegetables (approximately ¼ cup) with ¼ mashed egg per portion

Notes

Tip: Freeze left over portions of puree (without egg) in individual airtight containers for up to 2 months. Thaw, warm and stir through mashed egg before serving.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
166g	440kj 105kcal	4.2g	1.4g	0.3g	16.7g	7.2g	31mg	3.5g

All nutrition values are per serve.