



THAI RED DUCK CURRY SWEET POTATO

Difficulty: Easy

Serves: 4

Prep: 5 mins

Cooking: 1 hour



INGREDIENTS

- 1 x pack Thai Red Duck Curry
- 1 cup full cream coconut cream (if desired)
- 4 small sweet potatoes
- 4 tbsp duck fat + extra to spread
- ½ cup frozen peas
- ½ cup frozen corn kernels
- 1 cup beanshoots
- ¼ cup spring onion, sliced

METHOD

1. Preheat oven to 180 degrees Celsius.
2. Drizzle the sweet potatoes in duck fat or oil and season with salt and pepper. Wrap each potato in foil and place on a baking tray. Roast in oven for 45 minutes or until soft.
3. When the potatoes are nearly cooked start the curry. Heat a wok or frying pan over medium heat add the Thai red duck curry, frozen peas and corn. Cook stirring for 3 minutes or until heated through.
4. Peel the cooked sweet potatoes, place them in a bowl and roughly mash.
5. To serve divide the mashed sweet potato between serving bowls. Top each with the duck curry and garnish with bean shoots and spring onion.

Recipe by Tim Bone.