



**The Gathered Green**  
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## SCALLOPED SWEET POTATOES

Thank you to foodfaithfitness.com for inspiration towards this recipe and for the picture.

Serves 6

### Ingredients

- 2 tablespoons coconut oil
- 1 medium onion, finely chopped
- 2 cloves of garlic, minced
- 1 cup, plus 1 tablespoon coconut milk (full cream), divided
- 1 cup, plus 1 tablespoon unsweetened, plain almond milk, divided
- 1 ½ tablespoons potato starch
- 1 teaspoon sea salt
- ¼ teaspoon black pepper
- 1 kilogram sweet potato, thinly sliced (approx. two large potatoes)
- Parsley or coriander, for garnish (optional)
- 200 grams baby spinach (optional)





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## Method

Pre heat oven to 180 degrees Celsius.

Preheat 2 tablespoons oil in oven proof casserole dish on medium/high heat. Add onion and cook until golden brown and soft, about 5 minutes. After 4 minutes of cooking onions, reduce heat to medium/low, add garlic and stir often until lightly golden (careful not to burn garlic).

Add 1 cup of coconut milk and 1 cup of almond milk and bring to a boil. While waiting for the liquid to boil, whisk together the remaining 1 tablespoon of coconut milk, 1 tablespoon of almond milk and 1 ½ tablespoon of potato starch in a small bowl, until smooth.

Once the milk mixture boils, whisk in the potato starch mixture, stirring constantly so it doesn't gum up in the milk, and boil for 2 minutes, again stirring constantly.

Reduce the heat to medium, add in the salt, pepper and cook the sauce for an additional 5-6 minutes until nice and thick, stirring frequently.

Once the sauce has cooked, add in the thinly sliced potatoes and stir around until they are coated in the sauce. Then, move the potatoes around with a spoon until they are in flat layers.

Cover the dish and place into the oven for 30 minutes. Uncover the dish, and press the potatoes down so they really sink into the sauce. Cook for additional 30 to 40 minutes, until potatoes are fork tender and the top is browned.

Let the potatoes stand for 10 minutes and sprinkle with chopped parsley or coriander before serving. Serve with a side of fresh baby spinach drizzled with balsamic vinegar.

Enjoy!

Jane

