

Recipe – Miso and Sweet Potato Shoots

Ingredients

- 300 grams sweet potato shoots (about 2/3 of a pound)
- 2 cloves garlic (sliced thinly)
- 1/2 tablespoon of miso paste
- Water for boiling
- 2 tablespoons cooking oil

Method

Bring water to boil in a pot or wok

Add a teaspoon of salt and drizzle some cooking oil

Blanch the sweet potato shoots till they turn dark green in color

Remove and drain and run through some cold water very quickly to stop the cooking process on the shoots

Heat oil in wok

Fry the garlic till golden brown

Remove fried garlic and set aside

Add sweet potato shoots to wok and stir briskly for 30 seconds

Add 2 to 3 tablespoons of hot water, once water boils, turn off the heat

Add miso paste and stir well

Dish up and garnish with fried garlic slices

Serves two as a side dish