



Serves: 10

Puree of Yam with Gingko Nuts

Ingredients

- Yam 1kg
- Sliced shallots 2
- Macadamia Oil 100ml
- Sugar 200g
- Cooked ginkgo nuts 50g
- Coconut milk (optional) 20ml

Tips:

- Steaming is a healthy and low-fat cooking method that brings out the flavours of fresh ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.

Method

- Remove skin from yam and cut into cubes.
- Steam yam for 20 minutes, put into a blender and blend till smooth.
- Heat oil in wok and fry shallots until brown and then remove.
- Add mashed yam into the wok and cook slowly over low fire. Mix regularly.
- Add sugar and keep stirring until sugar is melted.
- Add ginkgo nuts to yam paste before serving.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 286kcal

Protein 1.8g

Total fat (g and % of total calories)

9.3g (28.8%)

Saturated fat 1.6g

Cholesterol 0mg

Carbohydrate 50.0g

Dietary Fibre 4.0g

Sodium 8mg