



Sweet potato toastier (ES)

Serving: 1

Veg

Ingredients

- sweet potato -1
- vegan cheese - 3 tbsp
- baby tomato - 1
- olives - 5 pieces
- mushroom - 2 pieces
- basil leaves - 5 leaves
- creamlized onion - 3 tbsp
- avocado fruit - 2 tbsp
- micro green - 2 tbsp
- bell pepper- red - 1 tbsp
- bell pepper yellow - 1 tbsp
- capsicum - 1 tbsp
- oregano - 1/4 tsp
- chilli flakes - 1/4 tsp
- salt to taste

Preparation Method

- First take sweet potato (par boiled) cut into slices then toast it in a toaster
- Place slices on a plate
- On slices can grate vegan cheese
- Topping – 1 : Cherry tomatoes and olives marinated in olive oil and basil
- Topping – 2 : Sauteed mushroom and caramelised onion, chopped red bell pepper , yellow bell pepper , green capsicum, oregano , chilli flakes
- Topping – 3 : Avocado and micro greens
- Enjoy