



CHLOË BOWLER
complete wellbeing

EGG FRIED SWEET POTATO 'RICE'



Ingredients (Serves 2):

Veg.

1. 1 Large Sweet Potato
2. 2 Eggs (beaten)
3. 50g Frozen Soya Beans
4. 100ml vegetable stock
5. 1 Onion
6. Tamari

Method:

1. Start by chopping the sweet potato into small chunks, then pulse in the food processor.
2. Finely chop an onion and add to a pan with a little oil.
3. Add the sweet potato, add the vegetable stock and simmer gently.
4. When the sweet potato has softened add the beans.
5. Make room in the pan, and pour in the beaten eggs so they form an omelette.
6. Shred the omelette and stir all the ingredients together around the pan.
7. Season well and serve with a dash of Tamari.

CHLOEBOWLER.COM