

RECIPE

Brioche with Nutella[®], smashed sweet potato & pretzels

Medium

30 min



INGREDIENTS

for 2 portions

- 1 slice Plain Brioche
- 15g (1 Tbsp) Nutella , per serve
- 1 Pretzel
- 1 Large Sweet potato
- 1 tbsp Coconut oil



To prepare this delicious recipe, 15g of Nutella[®] per person is enough to enjoy!

- 1** | **To bake sweet potato**, preheat oven to 180c. Wrap sweet potato in its skin inside aluminium foil and place in the oven on a tray (in case some juice drips out, will save having to scrub your oven). Cook for approximately 1 hour or until a knife or skewer can slide through without resistance. Unwrap sweet potato and cut in half lengthways, then with a dessert spoon, scoop out flesh.

To boil the sweet potato, place the whole sweet potato in a saucepan and cover with cold water. Add approximately 1 teaspoon of salt and place on the stove on a high heat. Once the water is boiling, adjust the heat so the water comes to a simmer. Cook for approximately 15-30 mins or until a knife or skewer can be push through the flesh without resistance. Strain and cut the sweet potato lengthways, then with a dessert spoon, scoop out the flesh.
- 2** | Heat a non-stick pan or cast iron skillet to a medium hot heat. Add a tablespoon of butter/coconut oil to the pan then the sweet potato flesh with a pinch of sea salt. Cook in pan for approximately 5 mins until the sweet potato begins to caramelize (starts to turn golden).
- 3** | Toast the brioche until golden brown. Top with smashed sweet potato and drizzle with Nutella. Sprinkle a crushed pretzel on top to serve.

Nutritional Information Per Serve: Energy: 732kJ (175 Cal) | Protein: 3.0g | Total Fat: 8.9g | Saturated Fat: 4.7g | Carbohydrates: 20.5g | Sugars: 10.9g | Dietary Fiber: 0.7g | Sodium: 125mg