

QUENELLE BUN *and sweet potato hash*



French quenelles buns



Serves

4



INGREDIENTS

- 4 quennelle buns
- 1 sweet potato (14 oz)
- 1 large white onion
- 4 tsp avocado oil
- 2 garlic cloves
- 1 green bell pepper
- 4 kale leaves
- Chili powder
- 1 tbsp salted peanut butter
- 2 tbsp peanuts

DIRECTIONS

Préparation

Step 1 :

- If frozen, thaw the quennelle buns for 30 min. Then cut into 1 inch slices.
- Wash the green bell pepper, remove the stalk and seeds, then chop.
- Peel the garlic, remove the germ and chop finely.
- Peel and finely chop the red onion.
- Wash and chop the kale.
- Peel the sweet potato. Cut into 1/2 inch cubes.

Step 2 :

- Put 2 tbsp of oil in a very large frying pan or sauté pan, then add the bell pepper and the red onion. Fry over medium heat for about 8-10 minutes until the vegetables are soft. Remove vegetables from pan and put to one side.
- Put the remaining 2 tbsp of oil in the same pan and sauté the sweet potato cubes and quennelle buns slices for about 8-10 min (turning the quennelles buns to color both sides).
- Add the chili, kale and cooked peppers and onions. Stir well and cook for a few more minutes.
- Add the peanuts and peanut butter.