

# BBQ KEBABS with MASHED SWEET POTATO & MINTED PEAS

## INGREDIENTS

- Olive oil spray
- 8 BBQ chicken kebabs
- 1 kg sweet potatoes, peeled, chopped
- 2 tbs sour light cream or low fat yoghurt better alternatives to cream
- freshly ground pepper
- 600g pkt frozen baby peas
- 1/3 cup fresh mint leaves, roughly chopped
- 20g vegetable based spread – canola, olive

## METHOD

1. Lightly grease a non-stick frying pan with oil spray. Cook the kebabs in two batches, turning often for 6 minutes or until cooked through.
2. Transfer to a plate and cover with foil to keep warm.
3. Cook the sweet potato in a large saucepan of boiling water for 7 minutes or until tender. Drain and mash with the sour light cream or low fat yoghurt. Season with pepper.
4. Meanwhile, cook the peas in boiling water for 2 minutes or until just tender. Drain and roughly mash. Add the mint and vegetable spread and season with pepper.
5. Serve the kebabs with the mash and peas.

Serves 4

	Per Serving	Per 100g
Energy	2085kJ	386kJ
Protein	41g	8g
Fat – Total	13g	2g
- Saturated	4g	1g
Carbohydrate - Total	48g	9g
- Sugars	17g	3g
Sodium	150mg	28mg



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