

# Grilled Sweet Potatoes with Peanut Coconut Sauce

Type: Main Dish, Grilled      Serves: 4

Time to Prepare: 30 minutes

## *Ingredients*

2 large sweet potatoes

1 cup of peanut butter

1 cup of coconut milk

1 tsp. of salt

*Option 1:* ½ cup of pananag curry paste

*Option 2:* ½ cup of berbere spice mix

## *Instructions*

**Prepare** your grill.

**Slice** the sweet potatoes into ¾" slices.

**Steam** the sliced sweet potatoes for 10 minutes.

**While** they are steaming, mix together the peanut butter, coconut milk, salt, and pananag curry paste or berbere.

**Dredge** each slice of steamed sweet potato through the sauce, making sure they are liberally coated.

**Grill** the sliced sweet potatoes (these generally take 3-5 minutes per side on a hot grill.)

## Kitchen Equipment

Mixing Bowl  
Mixing Spoon  
Measuring Cup  
Measuring Spoon  
Grill  
Tongs or Spatula

## Presentation

Once the potatoes are done grilling, place them on a platter and dress them with freshly cut cilantro leaves.

## Time Management

Prepare the appropriate option before you begin working on anything else. That way, it's ready to go and can be added to the sauce while the sweet potatoes are steaming. One way to save an incredible amount of time is to purchase the berbere or panang curry paste instead of making it yourself. You can also sauté the sweet potatoes in the sauce instead of grilling them, which obviates the need for lighting the grill and waiting for it to heat up.

## Complementary Food and Drinks

Serve this with a side of toasted sesame oil rice laced with a bit of lime and salt.

## Where to Shop

If you want to buy berbere instead of making it, look for it at World Market in their spice selection. For a panang curry paste, check out your local Asian market.

## How It Works

The coconut milk thins out the peanut butter, turning it into a sauce, while keeping the richness

intact and adding a liquid fat. This liquid fat is important for the grill because it keeps the sweet potatoes from completely sticking to the grill rack.

## Chef's Notes

Peanut butter and coconut milk are a hard combination to beat and both of those ingredients are often paired with sweet potatoes throughout the warmer regions of the world.

Nutritional Facts (individual servings in parentheses, does not include any options, only one quarter of the sauce remains after grilling)

Calories 735.2 (183.8)

Calories from Fat 404.6 (101.2)

Fat 45.0g (11.2g)

Total Carbohydrates 62.7g (15.7g)

Dietary Fiber 10.7g (2.7g)

Sugars 25.7g (6.4g)

Protein 19.9g (5.0g)

Salt 902mg (225mg)

Vitamin A 0% (0%)

Vitamin B6 35% (8.8%)

Vitamin C 37% (9.3%)

Calcium 6% (1.5%)

Iron 22% (5.5%)

Thiamin 11% (2.8%)

Riboflavin 5% (1.3%)

Niacin 50% (12.5%)

Folate 21% (5.3%)

Phosphorous 38% (9.5%)

Potassium 50% (12.5%)

Zinc 17% (4.3%)

Magnesium 40% (10%)

Copper 24% (6%)

## Interesting Facts

Sweet potatoes are rich in complex carbohydrates, making them diabetic friendly.  
Red sweet potatoes are sometimes juiced for dyes.