**Vegan Sweet Potato Pasta**

**Ingredients:**

**3 large sweet potatoes 1 teaspoon salt**

**1 tablespoon olive oil 3 cloves garlic**

**500 grams pasta ½ cup coconut cream**

**2 cups plantbased milk 1 teaspoon cumin**

**¼ cup nutritional yeast 1 teaspoon mustard**

**1 teaspoon black pepper Italian parsley to garnish**

**Method:**

**Preheat oven to 180 degrees fan forced. Peel the sweet potatoes and chop into bite sized pieces. Place the sweet potatoes on a baking tray lined with baking paper. Drizzle with olive oil and season with salt. Roast for 20 minutes or until tender.**

**Bring a pot of water to boil, add the pasta, and cook for 8 to minutes depending on the type of pasta used. Drain the pasta when cooked and put aside.**

**When the sweet potatoes are cooked, put two thirds of the sweet potatoes in a food processor together with the garlic, milk, yeast, coconut cream, spices, salt, and pepper. Blend until smooth.**

**Chop up a generous amount of parsley.**

**Pour the sauce into a large pot and heat over low to medium heat, add pasta when the sauce is warm. Stir thoroughly, mix in the remaining sweet potatoes and parsley,and then serve.**