Forget Courgetti: Spoodles Are Here

Tuesday 2 June, 2015

Courgetti is old news as there's a new way to kick spiralizers into gear – Spoodles!

Spoodles - or sweet potato noodles – are simply spiralized raw sweet potato and are quick to create and can be enjoyed either raw, for a deliciously crunchy treat, or lightly fried as a healthier alternative to pasta.

These 'how to' recipes, created by the Love Sweet Potatoes campaign, feature Spoodles soaked in tangy red wine vinegar, perfect as a light lunch or an alternative side dish to the usual salad, and lightly fried Spoodles which pair fantastically with pasta sauces.

Vibrant in colour and good to the waistline for that summer body, sweet potatoes are a fun way toward 'five a day' and are packed with vitamin A, potassium, fibre and vitamin C.

The Love Sweet Potatoes campaign was created by Scott Farms to educate consumers on the benefits of cooking with sweet potatoes. Scott Farms has been growing sweet potatoes for over four generations and is the largest importer of sweet potatoes into the UK.

www.lovesweetpotatoes.com

Raw - serves 1

- Attach half a peeled sweet potato (approx. 100g) to the spiralizer, using the medium blade.

- Spiralize the sweet potato until all of the sweet potato is gone.

- Place in a bowl and spoon over 1 tbsp each of red wine vinegar and extra virgin olive oil.

- Stir everything together and set aside for at least 4 hours to marinate before eating.

Fried – serves 2

- Spiralize ½ - 1 peeled large sweet potato

- Heat 1-2 tbsp oil in a pan over a medium heat and add the sweet potato spirals.

- Cook for approximately 3 minutes, tossing every now and then, until all the spirals are cooked and turning golden.

Season with salt and serve.

ENDS

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