

# QUICK THAI-INSPIRED spiral sweet potato noodles

MAKES: 2 BOWLS

SPECIAL EQUIPMENT: SPIRALIZER WITH 3MM SPAGHETTI STYLE BLADE

Spiralized sweet potatoes are an endlessly satisfying treat. They are delicious pan-fried in butter or oil and they cook up quickly. I eat them with everything from beans to fruit, but here I'm inspired by Thai flavors. I add green onions and mushrooms while the sweet potatoes are cooking and top with basil, lime and coconut aminos for a quick and delicious meal. I love pairing avocado with sweet potatoes and I add them here for heft, but leave that addition optional. Try this one with chili garlic oil!

## Ingredients

4-6 tablespoons butter or cooking oil (use cooking oil for vegan)  
2 medium sweet potatoes, spiralized (about 4 cups); I use a 3mm spaghetti style blade  
6-8 green onions, white and green parts cut into rounds  
8 ounces fresh baby bella or similar mushrooms, sliced  
1 lime, cut into wedges for serving  
2 tablespoons fresh basil or thai basil leaves, minced for garnish  
1 avocado, sliced in strips for serving (optional)  
1 tablespoon coconut aminos, for drizzling

1. Heat two tablespoons of the butter or cooking oil in a large sauté pan over medium-high heat and then add the spiralized sweet potatoes.
2. Cook the sweet potatoes in the pan, turning often with a spatula. Whenever the potatoes start looking dry, add a tablespoon of butter or cooking oil to the pan. Once the sweet potatoes are soft, 4-5 minutes, add the green onions and mushrooms to the pan.
3. Cook the sweet potatoes, mushrooms and green onions together in the pan, turning over constantly, until mushrooms and green onions are tender, 3-4 minutes.
4. To serve, put sweet potatoes, mushrooms and green onions into bowls and squeeze a wedge of lime over top. Add minced basil and avocado (if using) and drizzle with coconut aminos.