



Sweet Potato Noodles with Chilli & Lime

2 servings

15 minutes

Ingredients

- 2 Sweet Potato (small, spiralized)
- 1 cup Frozen Corn
- 2 cups Baby Spinach
- 1/4 cup Pumpkin Seeds
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Water
- 1 tsp Chili Powder
- 1 Garlic (clove, minced)
- 1/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (Coriander) (chopped)

Nutrition

Amount per serving	
Calories	523
Fat	35g
Saturated	5g
Carbs	51g
Fiber	9g
Sugar	11g
Protein	9g
Cholesterol	0mg
Sodium	435mg
Potassium	920mg
Vitamin A	22025IU
Vitamin C	35mg
Calcium	96mg
Iron	5mg
Vitamin D	0IU
Vitamin E	5mg

Directions

- 1 In a pan over medium heat, add the sweet potato noodles and cook for 5 to 7 minutes or until cooked through. Remove and set aside. In the same pan, add the corn and cook for 2 to 3 minutes. Remove and set aside.
- 2 To the same pan, add the spinach and cook until just wilted and then set aside. Next, add the pumpkin seeds and toast them for 2 to 3 minutes.
- 3 In a blender or food processor, add the extra virgin olive oil, water, chili powder, garlic, orange juice, lime juice and sea salt. Blend until combined.
- 4 Add the sweet potato noodles, corn and spinach back to the same pan. Add the dressing on top and toss to coat. Divide between plates and top with chopped coriander. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: For more heat, chop up canned chipotle peppers in adobo sauce or top with red pepper flakes.

Additional Toppings: Add cooked protein such as shredded chicken, tofu or smoked salmon.

No Blender or Food Processor: Whisk the sauce ingredients in a small bowl or shake vigorously in a mason jar.

Folate	114µg
Vitamin B12	0µg
Magnesium	87mg
Zinc	1mg
Selenium	2µg