




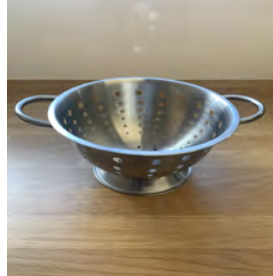




# Sweet potato - Steamed











## Ingredients





## You will need

	Chopping board		Small chopping knife
	saucepan		colander
	fork		peeler
	Serving bowl		Tin foil

## Method

	<p>Boil water in a saucepan while you prepare the sweet potato</p>	
	<p>Peel the sweet potato using a peeler</p>	
	<p>Cut off the ends</p>	
	<p>Cut the sweet potato in half</p>	
		<p>Cut into slices</p>
		<p>Then into finger size pieces</p>

## Method

	Roughly the size of an adults finger
	Carefully place into the colander and sit on top of the saucepan of boiling water
	Cover with tin foil and cook for around 20 minutes or until soft enough to squeeze between finger and thumb
	<b><u>For finger food,</u></b> Leave some finger sticks in a bowl for baby
	<b><u>For mashed,</u></b> Use a fork to mash down the remaining sweet potato in a bowl
	Serve to baby after allowed to cool