

Sweet Potato and Kale Colcannon

Prep time:

10 minutes

Cooking time:

5 minutes

Yields:

4 people

Ingredients:

4 medium sweet potatoes (about 1¾ pounds), medium diced

2 tablespoons coconut oil, divided

2 leeks, white and pale-green parts only, sliced in half lengthwise, thinly sliced crosswise

2 garlic cloves, thinly sliced

2 cups (packed) chopped kale

Salt and pepper to taste

1 scallion, thinly sliced

Directions:

Cover potatoes with water in a small pot; season with salt. Bring to a boil over medium-high heat, then reduce heat and simmer and cook until a paring knife slides easily through the flesh, 20–25 minutes. Turn off heat and set aside.

Meanwhile, melt 1 Tbsp. coconut oil in a large saucepan over medium heat. Add leeks and cook, stirring frequently, until very soft, 8–10 minutes. Add garlic and cook, stirring frequently, until garlic is fragrant and leeks are just beginning to brown around the edges, about 3 minutes longer. Add kale and cook, stirring constantly, until wilted. Add sweet potatoes and coarsely mash with a potato masher. Use the water from the sweet potatoes to achieve desired consistency. Season with salt and pepper.

Transfer colcannon to a large serving bowl. Sprinkle with scallion.

Chef Mat Shalenko