



## Sweet Potato Teppan “Hash” inspired by Sam, The Cooking Guy

Serves: 4-6

- 2 to 3 medium Jewel “Sweet” Potatoes, peeled + diced
- 2 leek, chopped, thoroughly washed and pat dried
- 1 medium large onion, peeled + diced
- 1 red bell pepper, washed, cored + diced
- 2 cloves garlic, smashed and diced
- high heat vegetable oil
- salt + pepper + fragrant olive oil | season to taste
- 8 oz Baby Bella mushrooms, sliced
- 1 bunch green onions (Scallions), washed and chopped – set aside

Have all prepped ingredients ready to go. Warm up the teppan on #5, then set temperature to #8 – 8.5

When hot, add the oil + spread evenly with a spatula. Distribute the potatoes with a little room between pieces so they will actually brown, not steam. Turn after a few minutes – do not try to move before they release but themselves. Brown the other sides. When almost done (test a bite), place potatoes in the warming area of the teppanyaki.

Now add the mushrooms and roast until most of their moisture has evaporated. Add a little oil (if necessary) and sauté/stir-fry all vegetables (except scallions) and garlic until soft-tender, but still with a slight bite. Add the potatoes back in and toss. Switch off the teppanyaki. Season with salt, pepper and a little olive oil. Sprinkle with green onions, toss again and you are done.

**TIP:** instead of using cooking oil, cut up ½ lb bacon and sauté until crisp. Remove to a plate lined with paper towel. Use as much of the rendered bacon fat as you like to cook the potatoes and vegetables. Dab up any surplus with tongs and a folded paper towel. Sprinkle dish with bacon bits at the very end.

When making this as a side to go with meat, e.g. Frikadellen or steak, cook the meat first because it is easier to keep warm. The veggies would become soggy when kept while the meat is cooking.

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