

Chive Waffles with Maple & Soy Mushrooms



Serves 6 **Prep 25 mins**

Cooking 30 mins

Challenge

Ingredients

500ml soya milk , rice milk or semi-skimmed milk
1 tsp lemon juice
2 tbsp vegetable oil
100g cooked, mashed sweet potato
150g polenta
130g plain flour
1 tbsp baking powder

small bunch chives, snipped
1 tbsp maple syrup
2 tsp light soy sauce
6 large mushrooms, thickly sliced
olive oil, for frying
yoghurt, to serve (optional)

1. To prepare baked sweet potatoes in your microwave: Prick the potatoes all over with a fork. Microwave on high for 8 to 10 minutes or until tender, turning the potatoes once. Peel and mash.
2. Heat the waffle iron. Mix the soya or rice milk with the lemon juice (don't worry if it starts to split), then whisk in the sweet potato mash. Tip the polenta, flour & baking powder into a bowl, mix and make a well in the centre. Add a pinch of salt, then slowly pour in the milk mixture and whisk to make a batter. Stir in half the chives.
3. Brush the waffle irons with a little oil & pour enough batter into the waffle iron to fill and cook for 4 minutes. Lift out the waffle, keep it warm and repeat with the remaining mixture until you have six waffles.
4. Meanwhile, mix the maple syrup with the soy sauce. Brush it over the mushrooms and season with pepper. Heat a little oil in a frying pan and fry the mushrooms on both sides until they are browned and cooked through - make sure they don't burn at the edges. Serve the waffles topped with the mushrooms, add a spoonful of yoghurt, if you like and scatter over the remaining chives.