**Sweet potato waffles**

**with pumpkin curd**

**Ingredients for 8 Waffles:**

250 g sweet potatoes from North Carolina

100 g streaky bacon

25 g rocket salat

4 tbsp pumpkin seeds

500 g low-fat curd

80-100 ml sparkling mineral water

Salt, pepper

3 tbsp pumpkin oil

4 eggs (size M)

30 g soft wheat semolina

100 g flour

Nutmeg

1 tbsp neutral oil

**Directions:**

1. Preheat the oven to 220 °C (convection is not recommended). Wash sweet potatoes and wrap into aluminum foil while still wet, then bake in the oven for 50 minutes.
2. In the meantime, cube the bacon and fry in a nonstick pan until crispy, then drain on a paper towel. Wash and chop finely the rocket. Roast the pumpkin seeds without grease and chop them. Put 2 tbsp of curd aside. Cream the remaining curd with mineral water. Season with salt and pepper. Mix the rocket, half of the pumpkin seeds and 2 tbsp pumpkin oil into the curd.
3. Remove sweet potatoes from the oven and peel them. Mash with a fork and let it cool. Separate the eggs, whip egg white with a pinch of salt. Blend sweet potato puree with egg yolks, 2 tbsp of curs, semolina, flour and bacon. Season the dough with salt, pepper and nutmeg, fold in the egg whip.
4. Preheat the waffle iron and oil it. Add 2 tbsp of the dough per waffle and bake for 5 minutes until golden-brown. Bake the other waffles alike. Spread the remaining pumpkin seeds and one tbsp pumpkin oil onto the curd. Serve waffles with curd.

**Preparation time:** 20 minutes + baking time

**Nutrition facts per portion:**

Energy: 290 kcal / 1210 kJ

Fat: 14 g, Carbohydrates: 22 g

Protein: 20 g