

Muffins de batata doce com espinafres e azeitonas

Tempo total **90 Mins.** 30 Mins. Tempo de preparação 60 Mins. Tempo de confeção

INGREDIENTES

10 Porções

Para os muffins:

- 800 g** de painço cru
- 500 g** de batata-doce cortada aos cubos
- 300 g** de cebola picada
- 50 ml** de óleo de colza
- 200 g** de espinafres
- 20 g** de alho picado
- 200 g** de sementes de linhaça moídas
- 200 g** de farinha de milho
- 20 ml** Kikkoman Molho de Soja Tamari Fermentado Naturalmente Isento de Glúten
- 100 g** de sementes de abóbora (guarde algumas para decorar os muffins)
- 200 g** de azeitonas pretas às rodelas
- 4 g** de malagueta em pó
- 6 g** de pimenta preta moída

E ainda:

Óleo de colza (para untar as formas dos muffins)

PREPARAÇÃO

Passo 1

Rinse the millet and cook according to the packet instructions (millet to water ratio 1:3) for about 20 minutes.

Passo 2

Boil the sweet potatoes for about 20–25 minutes until soft.

Passo 3

Fry the onion in the rapeseed oil for 5 minutes until soft. Add the spinach and chopped garlic and cook for a further 5 minutes over a medium heat. Set aside.

Passo 4

Combine the cooled sweet potatoes and cooked millet in a mixing bowl. Add the linseeds, cornflour and Kikkoman Gluten free Soy Sauce. Blend thoroughly until smooth.

Passo 5

Add the pumpkin seeds to the dough. Add the olives to the dough along with the fried spinach and onion from step 3. Season with the chilli powder and pepper and mix thoroughly.

Passo 6

Grease a muffin tin and divide the dough evenly among the tins. Sprinkle with the set-aside pumpkin seeds and bake at 180 °C for about 40

minutes.

Passo 7

Remove the muffins from the tin and serve on plates (two per portion).