



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Sweet Potatoes


Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



4 Stuffed Sweet Potatoes with Smokey Pork

Sweet, cheesy and nutritious. Roasted sweet potatoes filled with smoky pork mince, topped with cheese. Baked for melty deliciousness.

 30 minutes

 4 servings

 Pork

26 November 2021

Nachos ?

Slice the sweet potatoes into thin rounds and bake for 15 minutes. Top with mince and cheese for healthy nachos. You can add a can of beans and 1/2 tbsp cumin if you need to feed extras.

FROM YOUR BOX

SWEET POTATOES	1 kg
PORK MINCE	600g
TOMATO PASTE	1 sachet (50g)
SPRING ONIONS	4
CARROT	1
CHOPPED TOMATOES	400g
AVOCADO	1
GREEN CAPSICUM	1
GRATED PARMESAN CHEESE	1 packet (125g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, vinegar (of choice)

KEY UTENSILS

oven tray, oven tray

NOTES

If you like spice you can add some pickled jalapeños, or dried or fresh chilli.

Add a spoonful of yoghurt or sour cream when serving if desired.

No pork option – pork mince is replaced with chicken mince. Add 1 tbsp oil to pan at step 2.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve sweet potatoes lengthways. Place on a lined oven tray and rub with **oil, salt and pepper**. Cook for 20 minutes or until tender.



2. COOK THE MINCE

Heat a frypan over medium-high heat. Add pork mince along with **2 tbsp smoked paprika** (see notes). Cook, breaking up with a spatula, for 5–6 minutes. Stir in tomato paste.



3. ADD THE VEGETABLES

Slice white ends of spring onions and grate carrot. Add to pan as you go along with chopped tomatoes. Cook for 5–10 minutes until quite dry. Season with **salt and pepper**.



4. MAKE SALSA

Dice avocado and capsicum. Slice green parts of spring onions (keep some for garnish). Toss together with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



5. STUFF THE POTATOES

Use a fork to press down the centre of the potatoes. Spoon in mince filling and top with cheese. Return to the oven for 5 minutes for the cheese to melt.



6. FINISH AND SERVE

Divide sweet potatoes among plates and top with salsa and reserved spring onion tops (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

