



Product Spotlight: Sweet Potato

Sweet potatoes retain most of their nutrients after they have been cooked. You don't need to limit the sweet potatoes to savoury dishes as it is naturally sweet and can easily be added to muffins, brownies or cakes!



Cheesy Campfire Stuffed Potatoes with Bacon

Golden sweet potato boats filled with a tasty bacon and bean stuffing, topped with melty cheese and served alongside a charred corn salsa.



30 minutes



2 servings



Pork

Switch it up!

Cut the sweet potatoes into rounds to make loaded nachos instead or you can cut them into wedges for loaded fries!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	69g	88g

FROM YOUR BOX

SWEET POTATOES	600g
CORN COB	1
BACON	100g
TINNED BAKED BEANS	400g
TOMATO	1
CHIVES	1 bunch
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, apple cider vinegar

KEY UTENSILS

oven tray, frypan, small saucepan

NOTES

You can switch the oven to grill mode for an additional 2 minutes after the cheese has melted for an extra golden finish!



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**. Roast cut side down for 20–25 minutes until tender.



2. CHAR THE CORN

Remove corn from cob and add to a frypan with **oil** over medium–high heat. Stir in **1/2 tbsp cumin** and cook for 8–10 minutes until charred.



3. COOK THE BEAN MIX

Meanwhile, slice and add bacon with **1 tsp cumin** to a saucepan over medium–high heat. Cook for 2–3 minutes. Stir in beans and cook until warmed through.



4. TOSS THE CORN SALSA

Dice tomato and slice chives (use to taste). Toss together with charred corn, **1 tsp vinegar** and **2 tsp olive oil**. Season with **salt and pepper**.



5. STUFF THE POTATOES

Turn potatoes over. Use a fork to press down the centre of the potatoes. Spoon in bean filling and top with cheese (use to taste). Return to oven for 5 minutes for cheese to melt (see notes).



6. FINISH AND SERVE

Divide sweet potatoes among plates and serve with corn salsa on the side.



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