



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!



Switch it up!

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

Cheesy Campfire Stuffed Potatoes with Bacon

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



30 minutes



4/6 servings



Pork

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	26g	19g	82g/87g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
CORN COBS	2	3
DICED BACON	250g	250g + 125g
TINNED BAKED BEANS	2 x 400g	2 x 400g
CHERRY TOMATOES	200g	2 x 200g
CHIVES	1 bunch	1 bunch
SHREDDED CHEDDAR CHEESE	1 packet	2 packets

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 cobs and add to a frypan with **oil** over medium–high heat. Stir in **1 tbsp cumin** and cook for 8–10 minutes until charred.



3. COOK THE BEAN MIX

Meanwhile, add **bacon** and **2 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

Halve **cherry tomatoes** and slice **chives**. Toss together with charred **corn**, **1/2 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**.

6P – use **1 tbsp vinegar** and **2 tbsp olive oil**.



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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