



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!



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



2 servings



Pork

Make 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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	62g	63g	62g

FROM YOUR BOX

SWEET POTATOES	600g
PORK MINCE	500g
SPRING ONIONS	1 bunch
CARROT	1
TOMATO PASTE	2 sachets
AVOCADO	1
GREEN CAPSICUM	1
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, oven tray

NOTES

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

Any leftover cheese can be frozen to use at another time.

You can add a spoonful of yoghurt or sour cream when serving if desired.



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 15–20 minutes until tender.



4. MAKE THE SALSA

Dice **avocado** and **capsicum**. Thinly slice reserved spring onion green tops (keep some for garnish). Toss together with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



2. COOK THE MINCE

Heat a frypan over medium–high heat. Add **pork mince** along with **1 tbsp smoked paprika** (see notes). Cook, breaking up with a spatula for 5–6 minutes.



5. STUFF THE POTATOES

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



3. ADD THE VEGETABLES

Slice **spring onions** (reserve some green tops) and grate **carrot**. Add to pan as you go along with **tomato paste** and **1/4 cup water**. Cook for 5–10 minutes until cooked through, adding more water if needed. Season with **salt and pepper**.



6. FINISH AND SERVE

Divide sweet potatoes among plates and top with salsa (see notes).



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