




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

 4 servings

 Pork

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
	45g	47g	58g

FROM YOUR BOX

SWEET POTATOES	1 kg
PORK MINCE	500g
TOMATO PASTE	1 sachet
SPRING ONIONS	1 bunch
CARROTS	2
CHOPPED TOMATOES	400g
AVOCADOS	2
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.

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

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



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 spring onions (reserve some green tops) and dice or grate carrots. 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 THE SALSA

Dice avocados and capsicum. Thinly slice reserved spring onion green tops (keep some for garnish). Toss together with **1 tbsp olive oil, 3/4 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).



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