




### Product Spotlight: Sweet Potato

Sweet potatoes store best in a cool, dark, and well-ventilated place, not the fridge. Cold temperatures can alter their texture and make them taste oddly hard or woody.




## Chipotle Beef Sweet Potato Skins

Crispy roasted sweet potato skins loaded with smoky chipotle beef mince, capsicum and onion, topped with creamy avocado guacamole, fresh coriander and zesty lime.

 60 minutes

 Beef

 4/6 servings

### Spice it up!

*Top stuffed potatoes with grated parmesan, cheddar, mozzarella, or manchego cheese and melt in the oven. Alternatively, serve with dollops of sour cream or greek yoghurt.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	40g	28g	70g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
BROWN ONION	1	1
RED CAPSICUM	1	2
GARLIC CLOVES	2	3
CORIANDER	1 packet	2 packets
LIME	1	2
AVOCADOS	2	3
BEEF MINCE	600g	600g + 300g
CHIPOTLE SPICE MIX	1 packet	1 packet
TOMATO PASTE	2 sachets	2 sachets
JALAPENO	1	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan, oven tray

## NOTES

Remove seeds from chilli for a milder heat.

*Chipotle spice mix ingredients: smoked paprika, brown sugar, dried oregano, ground Chipotle, garlic, ground coriander and ground cumin*



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## 1. ROAST THE POTATOES

Set oven to 220°C.

Prick the **sweet potatoes** with a fork. Roast on a lined oven tray for 35–40 minutes until tender.



## 4. STUFF THE POTATOES

Scoop 2/3s of the flesh out of the **sweet potatoes** and add to **beef mixture**. Mix to combine.

Spoon **beef mixture** into **potato skins**. Return to the oven for 5 minutes to crisp the tops.



## 2. PREPARE THE INGREDIENTS

Dice **onion** and **capsicum**, crush **garlic**.

Finely chop **coriander roots** and **stems**, **zest lime** and **juice 1/2** (wedge remaining). Add to a bowl along with roughly chopped **avocado**. Use a fork to mash to desired consistency. Season to taste.

**6P** – use zest and juice of 1 lime.



## 5. FINISH AND SERVE

Slice **jalapeño** (see notes).

Divide **stuffed potatoes** among plates. Top with **guacamole** and **coriander leaves**. Serve with **lime wedges**.



## 3. SIMMER THE BEEF

Heat a large frypan over medium–high heat. Add **beef** and cook for 3 minutes until beginning to brown. Add **onion**, **garlic**, **tomato paste**, **spice mix** and **capsicum**. Cook for 1 minute. Add **1/2 cup water**, reduce to medium heat and cook for 5 minutes. Season with **salt and pepper**.

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