

Loaded Sweet Potato for Two

Serves: 2

Prep time: 10 minutes

Cook time: 50 minutes



2 ½ serves per portion

Ingredients

2 small sweet potatoes, washed
1 teaspoon extra virgin olive oil + extra for drizzling
½ onion, diced
1 garlic clove, crushed
½ teaspoon paprika
½ teaspoon ground cumin
¼ teaspoon ground coriander seeds
125g can black beans, rinsed and drained
¼ cup cheddar cheese, reduced fat, grated

To serve:

3 tablespoons Greek yoghurt
1 tablespoon lemon or lime juice
Chilli powder, to taste (optional)
Coriander leaves, roughly chopped

Method

PREHEAT oven to 200°C.

PRICK the surface of the sweet potatoes with a fork then drizzle each with olive oil and wrap individually in foil. Place on a baking tray.

ROAST for 40-50 minutes or until soft and a knife passes through with no resistance.

MEANWHILE, heat frying pan on medium heat then add oil once hot. Fry the onion, garlic and spices until soft, about 5 minutes.

ADD the black beans and heat through.

SLICE across the top of each potato and mash the insides to soften with a fork.

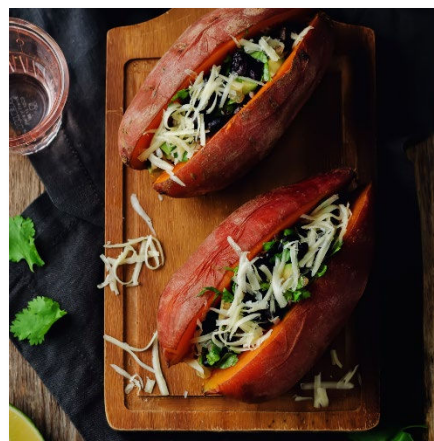
STUFF each potato with bean mixture and top with a sprinkle of cheese.

OPTIONAL: Put the potatoes back in the oven on broil until the cheese has melted.

MIX the Greek yoghurt, lime and chilli to make a sauce.

SERVE the potatoes with a dollop of yoghurt sauce and sprinkle with coriander.

Alternative: Prick the surface of the sweet potatoes with a fork and wrap each one in a damp paper towel. Microwave each potato individually on high for 6 minutes, or until soft and a knife passes through with no resistance.



Everyday Food

Recipe courtesy of the Country Kitchens team