



U C O O K

— COOKING MADE EASY

Tex-Mex Stuffed Sweet Potatoes

with black bean chili, charred corn salsa & smoky chipotle in adobo

Stack up these sweet potato boats and sail into the Central American sunshine! With black beans in a thick tomato, red onion, and garlic sauce, charred corn and coriander salsa, crispy onions, and crumbles of smooth feta. The cherries on top? Smoky chipotle chillies!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & sliced in half lengthways</i>
50g	Corn
1	Red Onion <i>one half peeled & finely diced</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
30ml	Vinaigrette <i>(20ml Red Wine Vinegar & 10ml Honey)</i>
1	Garlic Clove <i>peeled & grated</i>
120g	Black Beans <i>drained & rinsed</i>
100g	Cooked Chopped Tomatoes
20g	Chipotle In Adobo Sauce <i>roughly chopped, reserving the sauce</i>
40g	Danish-Style Feta <i>drained</i>
10ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. PRE BAKE THE SWEET POTATO Preheat the oven to 220°C. Place the sweet potatoes halves cut-side up on a baking tray. Using a fork, prick the flesh a few times to make small, shallow holes in the surface. Coat in oil and seasoning to taste. Place in the hot oven for 30-35 minutes until the flesh is cooked and soft and the skin has crisped up.

2. CHAR THE CORN & ASSEMBLE THE SALSA Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the corn for 2-3 minutes until charred, shifting occasionally. On completion, place in a bowl with half of the diced onion and three-quarters of the chopped coriander. Toss together with the vinaigrette, season to taste, and set aside for serving.

3. THICK BLACK BEAN CHILLI When the sweet potato reaches the halfway mark, return the pan to a medium heat with another drizzle of oil. When hot, fry the remaining onion for 4-5 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for 30-60 seconds until fragrant. Stir in the drained black beans, the cooked chopped tomatoes, and 20ml of water. Reduce the heat and allow to simmer for 4-5 minutes, stirring occasionally.

4. A FEW FINAL STEPS When the sweet potato is cooked, remove the tray from the oven. To create a space for the stuffing, gently scoop 2 tbsp of sweet potato flesh out of each half and add it to the bean chilli along with a knob of butter (optional). Stir through until well combined. Add in the chopped chipotle chillies to taste, reserving the sauce for garnish. Season to taste and remove the pan from the heat.

5. STUFF YOUR SPUDS! Place the sweet potatoes on a plate and fill the pockets with black bean chilli, allowing it to spill over slightly. Scatter with the charred corn salsa and crumble over the drained feta. Garnish with the crispy onions and the remaining chopped coriander. If you'd like some extra heat, drizzle over the reserved chipotle sauce. Provecho, Chef!



Chef's Tip

We can't predict the exact size of your sweet potatoes — Mother Nature doesn't do cookie-cutter veggies! If yours are very large, halve them again to speed up the cooking process. Alternatively, add another 10-15 minutes to the baking time.

Nutritional Information

Per 100g

Energy	404kJ
Energy	97Kcal
Protein	3.3g
Carbs	15g
of which sugars	5.6g
Fibre	2.3g
Fat	2.3g
of which saturated	1.2g
Sodium	182mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days