

## Loaded Sweet Potato

**Serves:** 4

**Prep time:** 10 minutes

**Cook time:** 30 minutes



2 ½ serves per portion

### Ingredients

4 small sweet potatoes, washed  
2 teaspoons extra virgin olive oil + extra for drizzling  
1 onion, diced  
1 garlic clove, crushed  
1 teaspoon paprika  
1 teaspoon ground cumin  
½ teaspoon ground coriander seeds  
1 400g can black beans, rinsed and drained  
1 cup cheddar cheese, reduced fat, grated

### To serve:

1 avocado, deseeded  
Juice of half a lime  
Freshly ground pepper  
Sour cream, reduced fat  
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 30 minutes or until soft and a knife passes through with no resistance.

SLICE each potato in half lengthways and mash the insides to soften with a fork.

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.

TOP each potato with bean mixture and a sprinkle of cheese.

MAKE guacamole by mashing the avocado in a small bowl and mixing through the lime juice and some ground pepper.

SERVE the sweet potatoes with a dollop of guacamole and sour cream 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*