

Stuffed Spanish Sweet Potato



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 55 MINUTES

BASED ON: 6 SERVES

INGREDIENTS

	SERVES 6	SERVES 12	SERVES 24
Sweet potato	6 small	12 small	24 small
Olive Oil	2 tbsp	4 tbsp	8 tbsp
Filling			
Red capsicum, finely chopped	1 large	2 large	4 large
Garlic cloves	2	4	8
Smoked paprika	1/2 tsp	1 tsp	2 tsp
Red onion, finely chopped	1 large	2 large	4 large
Tomatoes, chopped	2 large	4 large	8 large
Topping			
Greek yoghurt, reduced fat	1 cup	2 cups	4 cups
Parsley, chopped	1/4 cup	1/2 cup	1 cup

METHOD

1. Preheat the oven to 180°C.
2. Cut a lengthwise wedge out of each sweet potato to create a pocket.
3. Drizzle the potatoes with olive oil and place in the oven for 30 minutes.
4. In a large bowl, place the filling ingredients and mix.
5. Stuff the sweet potatoes with the filling and place back in the oven for 15 min.
6. Top with a dollop of greek yoghurt and a sprinkle of parsley.
7. Serve warm.