



# Recipe of the week

## Stuffed baked sweet potato



Serves : 4 Prep: 40min Cook: 40min

### Ingredients-

- 4 small sweet potatoes (orange, white and/or purple), washed
- 100g barbecued chicken, skin removed, shredded
- 80g thinly sliced pancetta, torn
- 1 small bunch broccolini, trimmed, chopped
- 2 green shallots, thinly sliced
- 100g grated cheddar
- 45g (1/4 cup) tamari almonds, chopped
- 120g mixed salad leaves, to serve (optional)

### Method

#### Step 1

Preheat the oven to 220C/200C fan forced. Line a baking tray with non-stick baking paper. Cut sweet potatoes in half lengthways. Place, cut side up, on the prepared tray. Spray lightly with oil and season. Bake for 35-40 minutes or until softened and lightly golden.

#### Step 2

Meanwhile, combine the chicken, pancetta, broccolini and shallot in a large bowl. Set aside.

#### Step 3

Reduce the oven temperature to 200° C/180°C fan forced. Scoop the soft flesh from the sweet potatoes, leaving a 5mm-thick shell. Add the sweet potato flesh to the chicken mixture, along with half the cheddar. Stir to combine. Spoon the chicken filling into the sweet potato shells, piling it high. Scatter over the almonds and remaining cheddar. Spray lightly with oil and bake for 30-35 minutes or until golden and the cheese is melted. Serve with mixed salad leaves, if you like.

#### Nutritional values per serve

Energy 1846KJ	Fat saturated 8g
Fat Total 20g	Carbohydrate sugars 2g
Carbohydrate Total 35g	Dietary Fibre 7g