



SWEET POTATO BAKE

HEAT LEVEL 

Delight in the sweetness and comfort of our Sweet Potato Bake - perfectly baked sweet potatoes with a touch of seasoning for a satisfying and flavorful side dish.

40 Mins

4 Servings

INGREDIENTS

4 medium sweet potatoes, scrubbed
30 ml (2 Tbsp) cooking oil
125 g streaky bacon, cut into small pieces
1 medium onion, coarsely chopped
125 g button or brown mushrooms, sliced
30 ml (2 Tbsp) Spur Durky Sauce
200 ml (3/4 cup) Spur Cheese Sauce or Spur Cheddarmelt Sauce

Sauce:

125 ml (1/2 cup) milk or fresh cream
15 ml (1 Tbsp) chopped fresh oregano or 5ml (1 tsp) dried
5 ml salt
Freshly ground black pepper to taste
125 ml (1/2 cup) grated Cheddar cheese
Fresh herbs to garnish

METHOD

- 1 Parboil the sweet potatoes with skin on until just soft. Drain and set aside.
- 2 Heat the oil and fry the bacon, add the onion and saute for a few minutes until soft. Add mushrooms and Spur Durky Sauce, stirring lightly. Remove from heat and set aside.
- 3 Whisk Spur Cheese Sauce, milk, oregano and seasonings together.
- 4 Cut potatoes into thick slices and layer half onto base of a greased oven dish. Spoon half the onion mix over, topped with cheese sauce.
- 5 Repeat layers with remaining ingredients and sprinkle grated cheese on top. Bake in a preheated oven at 180°C for about 25 minutes.
- 6 Serve warm from the oven. Garnish with rocket or any other fresh herbs.

VARIATIONS

- 1 This dish is suitable to make in an air-fryer. Simply make into smaller versions to fit.

