



FILLED SWEET POTATOES

HEAT LEVEL 

Great as a light meal accompanied by some salad, or even on its own as a snack. Make it your own by adding any combo of veggies and herbs.

30 Mins

1 Servings

INGREDIENTS

15 ml (1 Tbsp) cooking oil
2 medium sweet potatoes
¼ onion, chopped
60 g mushrooms, chopped
60 ml (¼ cup) **Spur Cheese Sauce**
Freshly ground black pepper to taste
2 ml (¼ tsp) salt
125 ml (½ cup) grated Cheddar cheese

METHOD

- 1 Heat the oil in a heavy-based saucepan and sauté the onions and mushrooms until slightly browned. Set aside.
- 2 Heat water in pot or heavy-based saucepan, add the salt then boil the sweet potatoes until soft. Remove from water.
- 3 Cut each sweet potato in half, scoop inside flesh out and place in bowl.
- 4 Mash the flesh in the bowl, then add the fried onions and mushrooms.
- 5 Add 60ml of Spur Cheese Sauce, then add the mixed sweet potato flesh and top with grated cheese.
- 6 Bake in a preheated oven at 180°C for about 15 minutes, or in an air-fryer at 185°C for about 10 minutes or until cheese has slightly browned.

VARIATIONS

None

