

MARLEY SPOON



Jacket Sweet Potatoes

with Melted Cheddar and Corn Salsa



30-40min



4 Portions

Australia Day calls for the classics, like crispy-skinned jacket potatoes with fork-tender flesh. We've used sweet potato for a healthy, low GI twist, and filled it with a Mexican-inspired corn and coriander salsa, gooey melted cheddar and lime-spiked yoghurt sauce. Cooked in the oven or barbecue (it's Australia Day after all), this vego meal is perfect for young and old alike.

What we send

- sweet potato, lime
- coriander
- English smoked cheddar ⁷
- tomatoes
- Greek-style yoghurt ⁷
- mixed salad leaves
- corn kernels

What you'll require

- olive oil
- sea salt and pepper

Utensils

- baking paper
- foil
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

To celebrate Australia Day, the sweet potatoes can be cooked in the oven or in a hooded barbecue.

Allergens

Milk (7). May contain traces of other allergens.

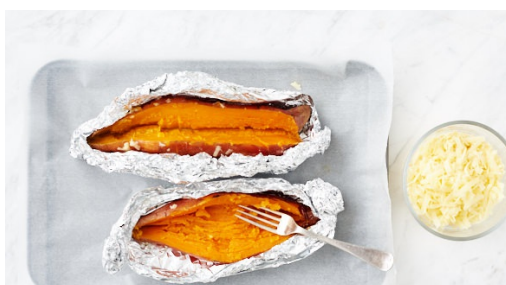
Nutrition per serving

Energy 625kcal, Fat 29.8g, Carbs 61.3g, Proteins 21.2g



1. Cook potatoes

Preheat the oven to 220C or a preheat a hooded barbecue to high (see cooking tip). Scrub and prick the **sweet potatoes** several times with a fork, then wrap individually in foil. Put on an oven tray lined with baking paper and bake in the oven for 25 mins. Or, bake in the barbecue over indirect heat with the lid down for 25 mins.



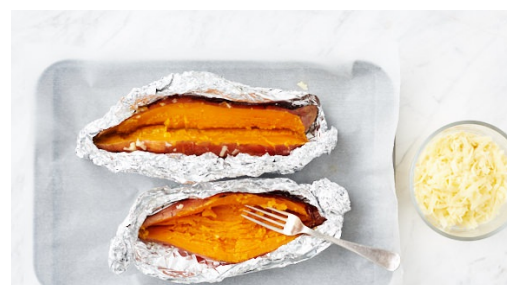
4. Oven baking

If baking in the oven, partly unwrap the **sweet potatoes**. Cut a slit lengthwise down the centre, taking care not to cut all the way through. Open the potatoes slightly and scrape the flesh with a fork to loosen. Sprinkle with the **cheese** and bake for another 10 mins or until the cheese is golden and sweet potatoes are tender.



2. Make yoghurt sauce

Meanwhile, finely grate the **lime** zest, then juice the lime. Put the **lime zest** and **yoghurt** in a small bowl, season with **salt and pepper** and stir to combine.



5. Barbecue baking

If barbecuing, partly unwrap **sweet potatoes**. Cut a slit lengthwise down centre, taking care not to cut all the way through. Open potatoes slightly and scrape the flesh with a fork to loosen. Sprinkle with the **cheese** and bake in the barbecue over indirect heat with the lid down for another 10 mins or until the cheese is golden and sweet potatoes are tender.



3. Make salsa




Rinse the **corn**. Cut the **tomato** into 1cm chunks. Finely chop the **coriander**, including the stems. Put the corn, tomato, coriander, **lime juice** and **2 tbs olive oil** in a large bowl. Season with **salt and pepper** and toss to combine. Coarsely grate the **cheddar**.



6. Get ready to serve

Taking care not to burn your fingers, remove the **sweet potatoes** from the foil. Divide the sweet potatoes among plates and dollop with **half the salsa** and the **yoghurt sauce**. Toss the **mixed leaves** with the **remaining salsa** and serve with the jacket potatoes.

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from at least **45%**
Australian ingredients