

MARLEY SPOON



Beef Loaded Sweet Potatoes

with Guacamole



20-30min



2 Portions

Hands up who doesn't love a stuffed potato? Light yet satisfying, sweet potato shells make the best kind of receptacle for baked spicy mince, amped up with beans and hints of garlic and tomato. You mash the potato flesh and serve it alongside, then add a finishing flourish in the shape of a lime-spiked gaucamole. De-lish.

What we send

• 17

What you'll require

- olive oil
- olive oil spray
- sea salt and pepper
- water

Utensils

- large frypan
- medium saucepan with lid
- oven tray
- potato masher

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

Cooking tip

When scooping out the potato flesh, there's no need to worry about scooping out perfectly. If the potato is slightly falling apart, leave some flesh behind to keep it intact.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 735kcal, Fat 32.1g, Carbs 50.9g, Proteins 48.5g



1. Cook potatoes

Read through the recipe. Heat the oven to 220C fan-forced. Halve the unpeeled **potatoes** lengthwise. Put in a medium saucepan of cold water and bring to the boil. Reduce the heat to medium and cook for 12-15 mins until just tender.



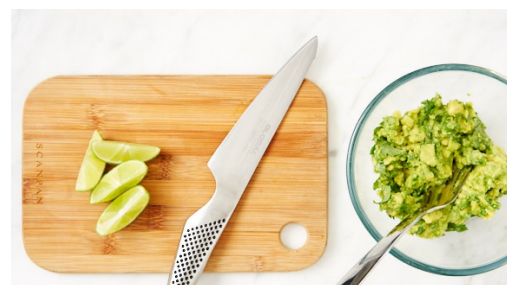
4. Bake potato shells

Drain the **potato** and put on an oven tray. Carefully scoop the flesh from the potatoes back into the saucepan (see cooking tip). Spray the potatoes with **olive oil spray** and bake for 5 mins. Mash the potato flesh, taste, then season with **salt and pepper** and cover to keep warm.



2. Cook mince

Meanwhile, finely chop the **onion**. Crush or finely chop the **garlic**. Heat **2 tsp olive oil** in a large frypan over medium-high heat. Cook the onion and garlic, stirring, for 3 mins or until softened. Cook the **beef mince** and **chimichurri**, breaking up the lumps, for 3-4 mins until browned.



5. Make guacamole

Coarsely chop the **coriander**, including the stems. Juice **half the lime**. Cut the **remaining half** into wedges. Coarsely chop the **avocado** flesh and mash in a bowl with the **lime juice** and **half the coriander**. Taste, then season with **salt and pepper**.



3. Add kidney beans

Drain and rinse the **kidney beans**. Combine the **tomato paste** and **60ml (1/4 cup) water** in a small bowl. Add to the **mince mixture** with the kidney beans. Season well with **salt and pepper**. Reduce heat to medium and cook for 3 mins or until thickened.



6. Get ready to serve

Spoon the **beef mixture** into the potato shells. Divide the **mashed potato** and **potato shells** among serving plates. Spoon **guacamole** on top and scatter over the **remaining coriander**. Serve with **lime wedges**.