



### JACKET SWEET POTATO WITH RE-FRIED BEANS

Who doesn't love a sweet potato jacket! This vegetarian crowd pleaser will keep everyone happy and nourished.

🕒 10 minutes

🕒 40 minutes

🍴 2 portions

## INGREDIENTS

- 500 grams (2 units) of sweet potato
- 1 tbsp of coconut oil, (14 g)
- 1 cup of four bean mix **or** 1 cup of refried beans, canned, vegetarian (242 g)
- 30 grams of cheese, cheddar **or** 30 grams of bio Cheese (Vegan)
- 2 cups of baby spinach, raw (60 g)
- 2 tbsp of yoghurt, Greek, plain, nonfat **or** 2 tbsp of yoghurt, Coconut, Dairy Free
- 1 tsp of spices, paprika (2 g)
- 1 small of onion, raw (70 g)
- 2 cloves of garlic, raw (6 g)
- 1 tbsp of sauce, worcestershire (17 g)
- 1 Can of diced Tomatoes (400 g)
- 1 packed tsp of sugars, brown (5 g)
- 1 tbsp of vinegar, red wine (15 g)

## COOKING METHOD

- 1° Preheat oven to 180°C / 400°F / Gas Mark 6
- 2° Pierce the sweet potatoes a few times with a fork, then cook them in the microwave on High for 8 mins or until soft. Rub with 1 tsp of the paprika, 1 tsp of the oil and some seasoning. Transfer to a baking tray, put in the oven and cook for 10-15 mins until tender and outside crispy.
- 3° Cook the onion in the remaining oil until soft. Add the garlic, sugar, vinegar, Worcestershire sauce and the remaining paprika, and cook for a further 1-2 mins until sticky. Tip in the beans, tomatoes and a splash of water, and simmer until the sweet potatoes are ready. Allow sweet potatoes to cool slightly, then slice in half. Top with bean mixture and sprinkle with half of the grated cheese and baby spinach.
- 4° Wrap remaining sweet potato in foil and heat tomorrow for lunch with another serve of beans, a sprinkle of cheese and some salad leaves.
- 5° Note Dairy-free option: Omit cheese for vegan substitute
- 6° NOTE: If using re-fried beans topping there is no need to cook beans mixture only warm in microwave- top one sweet potato with warmed re-fried beans and sprinkle with half of the grated cheese and baby spinach.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (695 g)	% DRI
ENERGY	80 kcal	556 kcal	28 %
FAT	2 g	13 g	21 %
FATTY ACIDS, TOTAL SATURATED	1 g	8 g	40 %
CHOLESTEROL	1 mg	8 mg	3 %
SODIUM	96 mg	666 mg	28 %
CARBOHYDRATE	13 g	89 g	30 %
SUGARS	2 g	16 g	—
FIBER	2 g	12 g	48 %
PROTEIN	3 g	18 g	—