



# Cheesy Mexican Style Stuffed Sweet Potato

with Zesty Soured Cream and Baby Plum Tomato Salad

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**Classic** 40-45 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Sweet Potato



Garlic Clove



Sweetcorn



Closed Cup Mushrooms



Lime



Mexican Style  
Spice Mix



Baby Plum  
Tomatoes



Soured Cream



Green Chilli



Mature Cheddar  
Cheese



Rocket

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, sieve, frying pan, fine grater, bowl and grater.

## Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Garlic Clove**	1	1	2
Sweetcorn	150g	245g	326g
Closed Cup Mushrooms**	150g	225g	300g
Lime**	½	1	1
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	125g	190g	250g
Soured Cream** 7)	75g	120g	150g
Green Chilli**	½	1	1
Mature Cheddar Cheese** 7)	60g	90g	120g
Rocket**	40g	60g	80g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	2266 /542	391 /94
Fat (g)	19.7	3.4
Sat. Fat (g)	11.5	2.0
Carbohydrate (g)	71.9	12.4
Sugars (g)	23.7	4.1
Protein (g)	15.7	2.7
Salt (g)	1.41	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Bake the Sweet Potatoes

Preheat your oven to 220°C.

Halve the **sweet potatoes** lengthways, then pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Rub the **oil** into the **potatoes**, then lay them cut-side up on the baking tray.

When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.



## Finish the Prep

Halve the **baby plum tomatoes** and pop them into a medium bowl. Add a drizzle of **olive oil**, a squeeze of **lime** and season with **salt** and **pepper**. Mix together, then set aside.

In a small bowl, mix together the **soured cream** and **lime zest**, then set the **zesty soured cream** aside.

Thinly slice the **chilli**. Grate the **Cheddar**.



## Stir-Fry your Veg

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve. Thinly slice the **mushrooms**.

Heat a drizzle of **oil** in a large frying pan on high heat.

Once the **oil** is hot, add the **sliced mushrooms** and **sweetcorn** and stir-fry until golden, 3-4 mins.

Meanwhile, zest and halve the **lime**.



## Time to Stuff

Once the **potatoes** are cooked, gently scoop out the flesh (careful - it will be hot) and pop it into the bowl with the **veg**. Add **two thirds** of the **cheese** and mix together well.

Taste and add more **salt**, **pepper** and **lime juice** if needed, then spoon the **mixture** back into the **potato skins**. Top with the remaining **cheese** and pop back onto the baking tray.

Bake on the middle shelf of your oven until the **cheese** has melted and the **filling** is piping hot, 3-4 mins.



## Add the Flavour

Stir the **garlic** and the **Mexican style spice mix** into the **veg** and stir-fry for 1 min more.

Squeeze in a little **lime juice**, then season with **salt** and **pepper**. Stir to combine, then transfer the **veg** to a medium bowl and set aside.



## Finish and Serve

Just before serving, add the **rocket** to the bowl with the **tomatoes** and toss together. Cut any remaining **lime** into **wedges**.

Plate up the **stuffed sweet potatoes** topped with a dollop of **zesty soured cream** and sprinkled with the **sliced chilli** (add less if you don't like heat).

Serve the **baby plum salad** and **lime wedges** alongside.

## Enjoy!