














Cheesy Mexican Style Stuffed Sweet Potato

with Zesty Soured Cream and Baby Plum Tomato Salad

23

Calorie Smart 40-50 Minutes • Mild Spice • 3 of your 5 a day • Under 650 Calories • Veggie



-  Sweet Potato
-  Bell Pepper
-  Garlic Clove
-  Sweetcorn
-  Lime
-  Mexican Style Spice Mix
-  Baby Plum Tomatoes
-  Green Chilli
-  Soured Cream
-  Mature Cheddar Cheese
-  Rocket

Pantry Items
Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg 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 coarse grater.

Ingredients

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

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2354 /563	399 /96
Fat (g)	19.8	3.4
Sat. Fat (g)	11.4	1.9
Carbohydrate (g)	76.8	13.0
Sugars (g)	27.0	4.6
Protein (g)	15.8	2.7
Salt (g)	1.41	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

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.

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Bake the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

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.



Prep the Salad and Toppings

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, combine the **soured cream** and **lime zest**, then set your **zesty soured cream** aside.

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

Scan to get your exact PersonalPoints™ value



Stir-Fry your Veg

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Drain the **sweetcorn** in a sieve.

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

Once the **oil** is hot, add the **pepper** and **sweetcorn** and stir-fry until just soft and slightly charred, 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 of **cooked 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 **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 of **tomatoes** and toss together. Cut any remaining **lime** into **wedges**.

Plate up the **stuffed sweet potatoes** and top with a dollop of **zesty soured cream** and a sprinkle of **sliced chilli** (add less if you'd prefer things milder).

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

Enjoy!