



## Sweet Potato Jackets with Guacamole

Serves 2 generous portions

Oven set at 200°C, 180°C fan forced

### Ingredients:

#### Sweet Potatoes:

2 small sweet potatoes (about 350g each), or one large  
½ tbs extra virgin olive oil  
Salt and pepper to taste

#### Guacamole:

1 large ripe avocado  
1 spring onion, finely chopped  
½ long red chilli, de-seeded and finely chopped  
4 cherry tomatoes, roughly chopped  
1 tablespoon finely chopped coriander  
½ lemon, juiced  
Pinch of cayenne pepper  
Pinch of salt

### Method:

Wash and cut the sweet potatoes in half horizontally (no need to peel them).  
Rub ½ tablespoon extra virgin olive oil over the cut sides.  
Sprinkle over a good pinch of salt and pepper.

Lay the halves onto a baking tray, cut side up, and put into the oven to bake until soft; About 40 minutes depending on their size.

De-stone the avocado and using a spoon scoop out the flesh into a bowl.  
Add the other guacamole ingredients and use a fork smash it up a bit and mix it around.

Once the potato is cooked, put the halves onto the plates, top with the guacamole, and serve with a side of slaw.

To add protein to this dish I like to keep it simple - open a can of fish, approx. 120-140g per person, and flake it over the sweet potato or slaw. Or crumble 120g firm tofu per person over the top. Or add 2 large cooked eggs per person.

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