

## HERBY SWEET POTATO SKINS WITH MELTED MOZZARELLA



MINUTES TO PREPARE  
10



TIME TO COOK  
1 hr



SERVES  
2

### INGREDIENTS

**2 medium-large sweet potatoes**  
**1 teaspoon soft butter**  
**1/2 teaspoon of chilli flakes or**  
**1/2 fresh medium chilli**  
**1 large handful flat leaf parsley,**  
*finely chopped*  
**1 large handful fresh coriander**  
**leaves, finely chopped**  
**Pinch of Maldon sea salt**  
**A good grind of black pepper**  
**225g ball of mozzarella, thinly**  
**sliced**  
**8 cherry tomatoes, thinly sliced**  
**1 tablespoon balsamic vinegar**

*You will need a skewer, mixing bowl  
and roasting tray*

### LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4.
- 2 Place the sweet potatoes on a skewer and cook for 30 minutes or until soft.
- 3 Remove from the oven and leave to cool for 5 minutes.
- 4 Cut in half and, using a spoon, carefully scoop out the flesh in to a bowl. Place the empty skins on a roasting tray and roast for 10 minutes.
- 5 Meanwhile, add the butter, finely chopped herbs, chilli and salt to the sweet potato flesh and stir well with a fork.
- 6 Once the skins are ready, fill them with the stuffing. Place the mozzarella and cherry tomato slices on top and drizzle with the balsamic. Cook for 20 minutes in the oven or until the cheese is melted and starting to bubble.
- 7 Serve with a crisp salad and French vinaigrette.

*"Hearty, healthy and wholesome... these stuffed sweet potato skins are just the badger if you are looking for a delicious vegetarian meal. There's a few elements here to look at. 1. Skewering the potatoes will help them cook quicker as it conducts heat right through to their core. 2. Roasting the empty skins before stuffing will crisp them up. 3. The herbs, chilli and balsamic are all included to cut through the sweet potato which can be, well, sweet. Enjoy!"*