Make stuffed sweet potato boats

What you need

- 2 sweet potatoes
- 2 tsp olive oil
- 75g fresh/frozen/canned mixed veg
- 50g broccoli, split into small florets
- 50g grated Cheddar cheese
- Spoon
- Bowl
- Fork or masher
- Saucepan

This recipe works for a tasty lunch or an extra-special side dish. Sweet potatoes are a filling and delicious vegetable. The flesh is usually an orangey colour and it is packed with vitamin C. The great thing about this recipe is that you can make it with anything you want. Use up any left-over vegetables you have in the fridge, or mixed vegetables from the freezer. If you're cooking for your family, you can each add whatever vegetables you like to your own sweet potato boat and make it your own. Some vegetables need cooking but some – such as tinned sweetcorn or chopped pepper – can go in raw. This recipe serves four people (based on a medium-sized sweet potato) and will take around 25 minutes to make.

Instructions

1 Cook the sweet potatoes in the microwave for five minutes on high. Allow to stand for one minute, then microwave for a further five minutes.

2 Ask an adult to help cut the potatoes in half (careful, they will be hot). Scoop out the flesh with a spoon and leave a rim of potato around the edge. Put the flesh in a bowl and put the skins to the side.

3 Mash the flesh in the bowl with the olive oil. Heat the grill to medium. Cook any vegetables that need it – the broccoli florets should be in boiling water for three to four minutes. Drain them, then mix your vegetables into the sweet potato mash.

4 Fill the potato shells with the veggie mash, sprinkle with the cheese, then pop under the grill for five minutes until the cheese is golden. Enjoy!

WARNING! Ask an adult for help before you start cooking.

DID YOU KNOW? The sweet potato is not actually a potato. Potatoes are tubers and sweet potatoes are roots.

Allergy information
Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

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