

Mexican Style Stuffed Sweet Potatoes

Healthy lunch or dinner packed with colour and flavour

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INGREDIENTS

(makes 3-4 portions)

- 3-4 medium sweet potatoes
- 10-15 cherry tomatoes
- 1 medium red onion
- some fresh coriander or any other green of choice
- 10-15 black olives (optional)
- ½ chili (optional)
- about 100g (about 3/5 cup) sweet corn (optional)
- 1 ripe avocado
- 1 organic lime
- some cheddar cheese or other cheese of choice (optional)
- olive oil
- salt & freshly ground black pepper to taste



DIRECTIONS

1. Pre-heat the oven to 200°C (392°F) bottom top heat.
2. Wash the sweet potatoes very well as they will be baked with the skins on. Cover a baking tray with parchment paper, add the sweet potatoes on top and pierce them thoroughly with a fork. This will help the steam to escape during baking. Drizzle the sweet potatoes with some olive oil and season with salt. Rub the sweet potatoes with the olive oil and salt and bake in the middle shelf of the oven for 50-60 minutes or until soft when tested with a fork.
3. In the meantime prepare the two toppings.
4. For the tomato salsa topping, half the tomatoes and chop them into small pieces. Peel and half the red onion and chop one half finely. If using olives with stone, remove the stone and then also chop finely. Half the chilli, remove the seeds if you wish and slice finely. Also wash the coriander well, remove the hard stalks and chop finely. In a medium bowl combine tomatoes, half of the red onion, olives, chilli, sweet corn and coriander. Add about a tablespoon of olive oil, season with salt and pepper and mix until combined.
5. For the avocado topping, remove the stone and the skin from the avocado and chop it roughly. Add the avocado to a medium bowl and mash with a fork. Grate in the skin of a lime, then half the lime and add the juice of a half a lime to the avocado. Mix shortly. Adding the lime will stop the avocado topping from browning. Finely chop the other half of the onion and add to the avocado. Season with salt and mix shortly.
6. Cut the skin of the baked sweet potatoes carefully not to burn yourself and remove it to the sides. (See video) With a fork mash the sweet potato a little before grating some cheese on top, then adding a generous amount of the tomato salsa and a big tablespoon of avocado topping. Garnish with some more coriander. Enjoy warm!