



Taco Spiced Sweet Potato Boats

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 50 - 55 MIN

Ingredients

- 4 sweet potatoes, small to medium size
- 1 tablespoon olive oil
- 1 can black beans, rinsed and drained or substitute for chickpeas
- 1 large zucchini, finely chopped OR 2 capsicum, finely chopped
- 1 brown onion, finely diced
- ¼ cup water
- 1/2 - 1 cup shredded cheese (if using)
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoon coriander powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt

OR substitute for 1 sachet taco mix

Pico De Gallo

- 2 tomatoes, diced
- 1/2 red onion, finely diced
- 1/2 freshly squeezed lime
- 1 Tbs fresh coriander, chopped
- Salt and pepper

Directions

1. Preheat oven to 200 degrees celsius.
2. Line a baking sheet with baking paper.
3. Wash sweet potatoes and scrub thoroughly. Then, dry completely. Using a fork, pierce sweet potatoes all over and place on baking sheet. Bake for 50-60 minutes or until sweet potatoes are tender and easily pierced through to the center with a fork.

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Directions

4. While the sweet potatoes are baking in the oven, prepare the taco spiced filling. In a pan, add olive oil over medium high heat.
5. Add the onion, sauté until onions are translucent.
6. Add can blackbeans or chickpeas, chopped zucchini or capsicum and all the spices (or taco mix if using instead). Mix everything well to combine.
8. Pour in water. Reduce the heat to low and cook for 5 mins.
9. Meanwhile, to make the salsa, combine all the 'pico de gallo' ingredients in a bowl. Set aside. (Cover tightly and refrigerate for up to 5 days if you have leftover).
10. Cut the warm baked sweet potatoes down the center lengthwise (make sure they are soft in the middle).. Fill with veggie taco mix. Top with cheese (if using) and place back in the hot oven for 5-8 minutes or until cheese is golden brown.
11. Serve immediately or store separately in meal-prep containers in the refrigerator until ready to reheat and eat during the week. To serve, top the sweet potato tacos with salsa. Optional, add diced avocado on top.

Tips

- To store: Store leftovers in the fridge in an airtight container for up to 4 days. You can store the stuffing and sweet potatoes together or separately.
- To freeze: You can freeze the sweet potatoes and taco stuffing together or separately. Freeze in a freezer-safe bag for up to 3 months.

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