



**READY TO COOK**  
BY HARRIS FARM

## MEXICAN JACKET SWEET POTATOES



PREP  
**15 min**



COOK  
**1 hour**



SERVES  
**4**

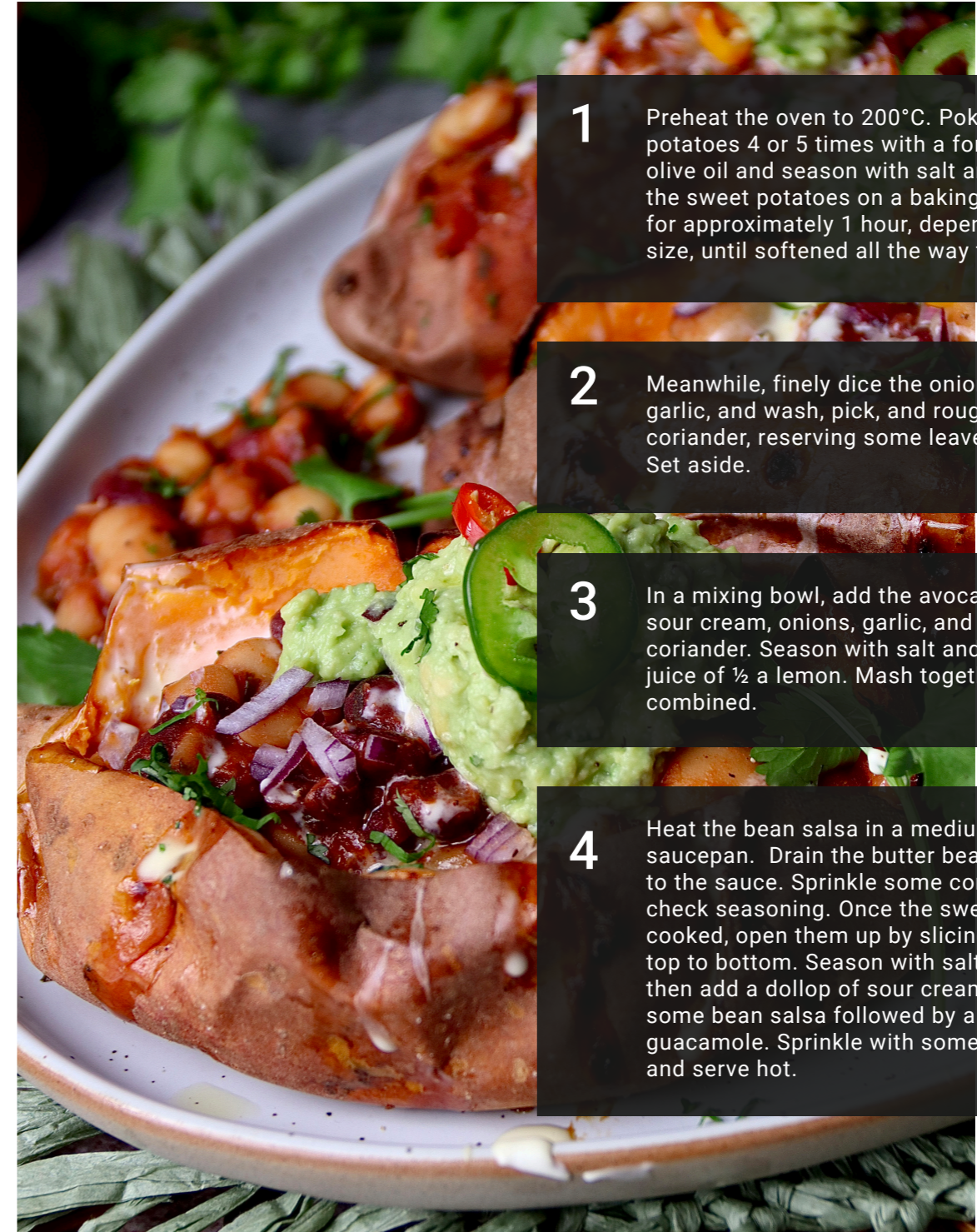
### INGREDIENTS:

- > 4 Sweet Potatoes
- > 1 Spanish Onion
- > 1 Garlic Clove
- > 1 Bunch Coriander
- > 2 Avocados
- > 200g Sour Cream
- > 1 Lemon
- > 430g Smoky Bean Salsa
- > 800g Butter Beans

### WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Olive oil
- > Salt and pepper

## METHOD - GET COOKING!



**1** Preheat the oven to 200°C. Poke the sweet potatoes 4 or 5 times with a fork. Drizzle with olive oil and season with salt and pepper. Place the sweet potatoes on a baking tray and bake for approximately 1 hour, depending on their size, until softened all the way through.

**2** Meanwhile, finely dice the onion, crush the garlic, and wash, pick, and roughly chop the coriander, reserving some leaves for garnish. Set aside.

**3** In a mixing bowl, add the avocados, 1 Tbsp of sour cream, onions, garlic, and  $\frac{3}{4}$  of the chopped coriander. Season with salt and pepper and the juice of  $\frac{1}{2}$  a lemon. Mash together until well combined.

**4** Heat the bean salsa in a medium-sized saucepan. Drain the butter beans and add to the sauce. Sprinkle some coriander and check seasoning. Once the sweet potatoes are cooked, open them up by slicing the skin from top to bottom. Season with salt and pepper, then add a dollop of sour cream, then top with some bean salsa followed by a spoonful of guacamole. Sprinkle with some more coriander and serve hot.

### CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!



### FEEDBACK OR QUESTIONS?

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