



The Gathered Green
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LOADED SWEET POTATO WITH SHREDDED ZUCCHINI, MUSHROOMS & ONION

Thank you tablefortwoblog.com for this recipe and picture.

Serves 2

Ingredients

- 2 to 4 medium sized sweet potatoes
- 1 medium zucchini shredded
- 180 grams finely chopped mushrooms
- ½ onion, finely chopped
- 1 clove of garlic, minced
- ½ teaspoon ground cumin
- 1 teaspoon chilli powder
- Sea salt and cracked pepper to taste
- Coconut oil
- Goats fetta (optional)





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Method

Preheat oven to 200 degrees Celsius. Scrub sweet potatoes and prick the skin with a fork. Place the potatoes directly on the oven rack and bake for 30 to 35 minutes, or until tender when tested with a fork.

Slice the cooked sweet potato in half, length-wise. Set aside to cool.

In a medium sized pan over medium high heat, add a teaspoon of coconut oil. Once the coconut oil is warmed up, add zucchini, mushrooms, onion and garlic. Cook until softened, about 7 minutes.

Sprinkle in the cumin, chilli, salt and pepper, and stir to incorporate. Remove pan from heat.

Once the sweet potato is slightly cooled, carefully scoop out the inside of the sweet potato using a spoon. Leave a ½ inch border around the edge of the sweet potato. Place the sweet potato filling into the pan.

Mix the sweet potato together with the filling and scoop and fill the hollowed out sweet potato skins.

Sprinkle with goats fetta if desired.

Serve warm.

Enjoy!

Jane

