



BAKED SWEET POTATO WITH TUNA AND TOMATO

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 30-45 mins

Serves: 4



INGREDIENTS

- 4 medium sweet potatoes
- 425g can tuna in brine, drained
- 400g can diced tomatoes
- 1 tsp tumeric
- 1 tsp smoked paprika
- 2 tbsp chopped parsley
- 1 tbsp tomato paste
- 2 tbsp dextrose OR 1 tbsp honey
- 1 tbsp sunflower seeds
- 1 tbsp pepitas

METHOD

- Preset oven to 180°C (350°F).
- Wash potatoes and pat dry.
- Place on base of baking pan and bake for 30-45 minutes (depending on size of potato).
- Next combine sunflower seeds and pepitas in frying pan, and toast these until browning. Remove and set aside.
- Combine tuna, tomatoes, tumeric, paprika, parsley, tomato paste and dextrose (or honey) in a pot.
- Stir over medium heat until boiling, and remove from heat.
- When a skewer inserted into potatoes indicates soft flesh, remove from oven.
- Place on plates, slit lengthwise through potato, only cutting $\frac{3}{4}$ way through. Spoon filling into cavity, and sprinkle with toasted seeds.
- Serve hot alone, or with chicken or fish.