



## **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts

**Prep time:** 10 mins

**Cook time:** 40 mins

**Serves:** 4

## **INGREDIENTS**

- **Mince**
- 2 medium sweet potatoes, halved lengthwise
- 500g turkey mince
- 1 onion, diced
- 2 cloves garlic, crushed
- 2 tbsp tomato paste
- 1 x 300g jar medium salsa (or mild or hot)
- Keep 1 tbsp salsa to put into avocado top.
- 1 finely diced zucchini
- 1/4 cup water
- **Avocado top**
- 1 large avocado, mashed
- juice of ½ lime
- 1 small red onion, finely diced
- 8-10 cherry tomatoes, diced
- 1 tbsp salsa (kept from mince)
- ¼ tsp salt
- **cheese top**
- 1 ½ cups vegan pizza/grated cheese
- 1 cup natural coconut yoghurt
- chopped chives or spring onions
- taco seasoning or smoked paprika (optional)

## **METHOD**

- Preheat oven to 200°C.
- Place the potato halves on a lined tray (skin down) and bake for 30-60 minutes until cooked through. (The cooking time depends on the size of your potatoes.)
- While potatoes are cooking, heat a little oil in a frying pan on medium high heat.
- Add onion and garlic, and cook stirring until softened (about 5 minutes).
- Add the mince and break it up, stir and season with salt and pepper.
- Add the tomato paste, salsa and zucchini, stir and simmer for 30 minutes.
- **Avocado**
- Combine all ingredients under 'avocado top' and mix well together.
- **Sweet potato boat**
- Fluff the flesh of each cooked potato half with a fork, careful not to pierce the skin.
- Top each half with mince and grated cheese and place under a hot grill to melt the cheese (beware it burns quickly if not watched).
- Place onto a serving plate, spoon avocado mix over the cheese and top with a dollop of yoghurt.
- Garnish with chives or spring onions, and taco seasoning or smoked paprika.
- **Enjoy**

## **STUFFED SWEET POTATO BOAT**

