



BAKED SWEET POTATOES

WHAT YOU NEED

2 x sweet potatoes
2 x spring onions
1 x slice of bacon
handful of grated cheese (any)

For grated salad:

¼ of a white or red cabbage
1 x carrot
1 x stick of celery
1 x apple



HOW TO MAKE IT

Wash sweet potatoes thoroughly and bake in the oven at 190°C for 35 - 45 minutes until soft.

With cheese and bacon topping: fry, or grill, bacon and chop into small pieces. Wash and chop the spring onions and mix with grated cheese and bacon. When potatoes are cooked, cut in half and top with cheese mixture. Return to the oven for 5 minutes to melt the cheese.

With grated salad topping: grate the vegetables with a box grater. Butter the baked sweet potato, add salt and pepper and pile the salad on top.

TIP 😊

Any of the toppings you enjoy on baked potatoes will also be delicious with baked sweet potatoes.

