



# Recipes

## Chilli-stuffed baked sweet potatoes (serves around 4 people)

This quick and delicious chickpea chilli makes these sweet baked potatoes extra filling. You can add as much or as little chilli as you like.

### Ingredients

- 4 medium sweet potatoes scrubbed clean
- 500g pork mince or Quorn mince\*
- 1 onion, peeled and diced
- 2 red peppers, deseeded and sliced
- 2 cloves garlic, crushed
- 2 tablespoons smoked paprika
- 2 teaspoons ground cumin
- ½ teaspoon chilli flakes
- 1 x 400g tin chickpeas, drained and rinsed
- 1 x 400g tin tomatoes
- 2 teaspoons dried oregano (optional)

### Method

1. Preheat the oven to 180°C, fan 160°C, gas mark 4. Prick the sweet potatoes all over with a fork and microwave for 10 minutes on full power. Transfer to a baking tray and bake for 20 minutes, until tender (or cook for 40 minutes in the oven if you do not have a microwave).
2. Add a little oil to a large pan, cook the mince over a medium-high heat for 3-4 minutes, breaking up lumps with a wooden spoon. Transfer to a bowl, set aside.
3. Add a little more oil to the pan, and fry the onion and peppers for around 10 minutes until softened.
4. Return the mince to the pan along with the chickpeas, chopped tomatoes and oregano, and stir to combine. Bring to a boil then reduce the heat to low. Cover and cook for 20 minutes, stirring occasionally, until the chickpeas are tender.
5. To serve, split the sweet potatoes in half and spoon over the chilli.

\* Can contain or is one of the 14 common allergens