



Whole Baked Sweet Potatoes



DIFFICULTY: EASY



PREPARATION TIME: 10
MINUTES



COOKING TIME: 1 HOUR



SERVES: 4

Ingredients

4 sweet potato, approximately 300g each

Suggested Toppings

Cream cheese, chopped pecans and maple syrup.

Smashed avocado, sour cream, drained canned black beans, tomato salsa, chilli and coriander.

Method

Preheat oven on CircoTherm to 200°C. (This recipe may be cooked in a Microwave Combi Oven to save cooking time, see notes).

Wash the sweet potatoes well, pat dry and place onto the universal pan that has been lined with baking paper. Using a fork, pierce several holes in each sweet potato.

Cook on shelf position 3 for 1 hour or until tender.

To serve, make a deep slit down the centre of each sweet potato. Squeeze the sweet potato gently to expose the flesh. Serve with suggested toppings.

Notes

Alternatively, the sweet potatoes can be cooked on CircoTherm 200°C with high steam for 40 to 45 minutes or until tender.

Combination Microwave Oven Cooking Method:

Prepare as above and place the universal pan on shelf position 1.

Select Hot Air 210°C with 360W for 25 minutes or until tender.