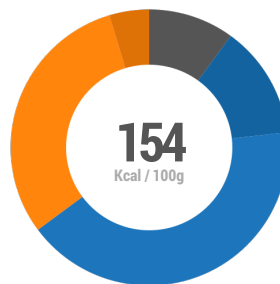


# Mexican Style Baked Sweet Potato

A Mexican twist on a jacket potato with refried beans & chipotle sauce

By Mark Irish from Brakes

Overview ...



CALORIES:

**54.8% Carbs**

**10% Protein**

**35.2% Fat**

Food Labelling...

Serves **1**

CONTAINS:



SOYA

OTHER PROPERTIES:



VEGETARIAN



VEGAN

Recipe Ingredients ...

	Quantity:	Description:
21820 Santa Maria Refried Beans Mild 415g - BRAKES	<b>135g</b>	
114656 Brakes Chipotle Chilli Glaze - BRAKES	<b>15g</b>	
118561 Alpro Plain Yoghurt Alternative 500g - BRAKES	<b>35g</b>	
87468 Brakes Non-Stick Fry, Cook & Bake Spray - BRAKES	<b>20g</b>	
4349 Costa Fine Sea Salt 750g - BRAKES	<b>2.5g</b>	
33579 Brakes Ground Black Pepper - BRAKES	<b>1.3g</b>	
10449 Sweet Potatoes - BRAKES	<b>250g</b>	<b>1 Potato</b>
10473 Spring Onions Bunch - BRAKES	<b>25g</b>	
113885 Herb Bunched Coriander - BRAKES	<b>10g</b>	
114212 Chillies Red - BRAKES	<b>10g</b>	
10478 Limes - BRAKES	<b>23g</b>	<b>0.3x Each</b>
10439 Fresh Garlic - BRAKES	<b>30g</b>	

Products / Pack Sizes ...

**1 Serving**



*Product code*

*Barcode*

379g / 611kcal

# 1

#### Cooking Instructions & Notes

#### **Preparation:**

Wash the sweet potatoes

Decant the beans

Wash & thinly slice the spring onions

Wash, pick & roughly chop the coriander

Slice the chillies widthways - seeds in

Juice the lime

Peel & thinly slice the garlic

#### **Method:**

1. Pre-heat the oven to 180°C
2. Pierce the sweet potato all over with a small knife, rub with a little oil and salt
3. Place on a baking tray and put in the oven, cook for approx. 45 mins or until soft in the middle
4. Put a pan onto a moderate heat and add the rest of the oil, once hot add the garlic and lightly brown
5. Add the beans, mix well, turn the heat down to low, then add the spring onions, chilli and half the coriander - mix well
6. Next add the lime juice, mix once more - take off the heat and season to taste
7. Now mix the yoghurt with the chipotle glaze - put to one side
8. Once the sweet potato is cooked remove from the oven, cut in half lengthways and place onto your chosen dish
9. Top with the bean mix, spoon over the chipotle sauce, and finish with the remaining coriander - serve!