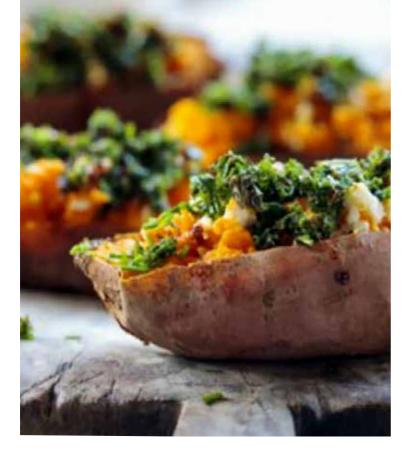
GOAT'S CHEESE, ARTICHOKE & HERB STUFFED SWEET POTATO

Jules McKie is a major force behind this site so it's a thrill to share one of her lovely recipes. Jules has the knack of marrying healthy ingredients and methods with lively flavours – roasting the sweet potatoes makes them extra nutty and delicious. I'll let her tell you more.



"Sweet potatoes are not only high in Vitamins B6, C and D, they're also a great source of iron, potassium and magnesium," says Jules. "They're naturally sweet, and provide a balanced and regular source of energy, without the blood sugar spikes. I love sweet potato and this is one of my favourite go-to-recipes... it's quick, easy and an absolute crowdpleaser. I serve this with a nutritious leafy green salad, to make a complete meal."

Makes: 8

INGREDIENTS

4 medium sweet potatoes
3 tbsp olive oil, plus extra for drizzling
sea salt and pepper, to taste
1 large leek, finely sliced
1 cup preserved artichokes, drained and roughly chopped
2 cloves garlic, crushed

3 tbsp fresh mixed herbs (eg oregano, thyme, rosemary, parsley), finely chopped ³/₄ cup soft goat's cheese 1 cup Manchego (or other hard) cheese, grated ¹/₂ cup fresh sourdough breadcrumbs (see Tips)

Time: 1 hour 15 minutes



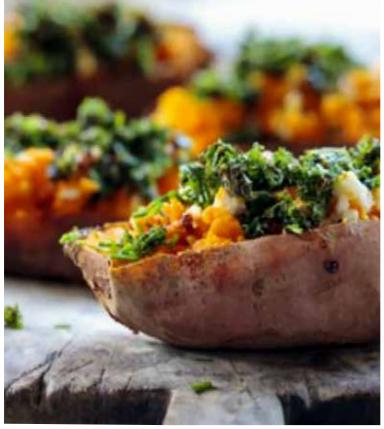
METHOD

Traditional method

- 1. Preheat oven to 180°C (360°F). Tear off four large squares of aluminium foil and place one sweet potato on each. Season each sweet potato with sea salt and drizzle with a little with extra virgin olive oil.
- 2. Use a fork to prick each potato several times then wrap lightly with foil. Place in the oven on a baking tray and bake for approximately 1 hour.
- 3. While sweet potatoes are cooking, heat remaining olive oil in a non-stick frypan (low-medium heat). Sweat leeks until soft, but not coloured. Add garlic and artichoke and cook on low heat for a further 3-5 minutes. Remove from heat and set aside to cool.
- 4. Use a skewer to carefully check if sweet potatoes are cooked through. Remove from the oven, carefully unwrap aluminium foil and set aside to cool slightly.
- 5. Once sweet potatoes are cool enough to handle, cut each one in half and place back on the baking tray. Carefully scrape out the flesh of each half with a small spoon, leaving a thin layer of potato inside each skin.



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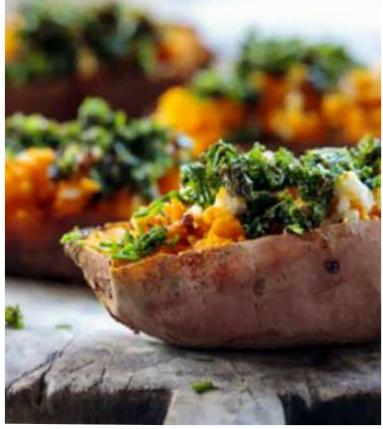
- 6. Add the flesh to a medium-size bowl and roughly mash with a fork or potato masher. Add leek and artichoke mix, 2 tablespoons of fresh herbs, goat's cheese, ½ cup cheese, sea salt and pepper. Mix well to combine.
- 7. Preheat grill. Divide filling into each of the sweet potato skins. In a small bowl, mix together sourdough bread crumbs, remaining cheese and remaining chopped herbs.
- 8. Top each sweet potato half with a little of the mixture and broil under the grill for about 3 to 5 minutes, or until the topping is lightly toasted.

Serve with a <u>fresh leafy green salad</u>.

Thermomix method

- 1. Preheat oven to 180°C (360°F). Tear off four large squares of aluminium foil and place one sweet potato on each. Season each sweet potato with sea salt and drizzle with a little extra virgin olive oil.
- 2. Use a fork to prick each potato several times then wrap lightly with foil. Place in the oven on a baking tray and bake for approximately 1 hour.
- 3. While sweet potatoes are cooking, place oil and leeks in mixing bowl and cook for 8 min/100°C (212°F)/speed 1 until soft, but not coloured. Add garlic and artichoke and cook for 3 min/100°C (212°F)/speed 1.
- 4. Use a skewer to carefully check if sweet potatoes are cooked through. Remove from the oven, carefully unwrap aluminium foil and set aside to cool slightly.





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- 5. Once sweet potatoes are cool enough to handle, cut each one in half and place back on the baking tray. Carefully scrape out the flesh of each half with a small spoon, leaving a thin layer of potato inside each skin.
- 6. Add the flesh to mixing bowl with leek mixture, along with 2 tablespoons of fresh herbs, goat's cheese, $\frac{1}{2}$ cup of the cheese, sea salt and pepper. Mix **15 sec/speed 4** or until combined.
- 7. Preheat grill. Divide filling into each of the sweet potato skins. In a small bowl, mix together sourdough bread crumbs, remaining cheese and remaining chopped herbs.
- 8. Top each sweet potato half with a little of the mixture and broil under the grill for about 3 to 5 minutes, or until the topping is lightly toasted.

Serve with a <u>fresh leafy green salad</u>.

Tips

- Try adding other flavours to the sweet potato mix, such as crispy bacon, chopped roast chicken, pitted olives, roasted capsicum and caramelised onion.
- Replace $\frac{1}{2}$ cup of Manchego with grated vintage cheddar or tasty cheese.
- For a gluten-free option, replace sourdough bread crumbs with gluten-free bread crumbs.
- To make your own breadcrumbs, tear stale bread into chunks and blitz **8 sec/speed 9**.



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