

Jules McKie,
AUSTRALIA

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 crowd-pleaser. 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
¾ cup soft goat's cheese
1 cup Manchego (or other hard) cheese, grated
½ 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 [fresh leafy green salad](#).

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 [fresh leafy green salad](#).

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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Makes: 8



SHOPPING LIST:

- Sweet potatoes (4)
- Preserved artichoke (1 cup)
- Garlic cloves (2)
- Leek (1)
- Manchego (or other hard) cheese (1 cup)
- Soft goat's cheese ($\frac{3}{4}$ cup)
- Fresh mixed herbs (3 tbsp)
- Fresh sourdough breadcrumbs ($\frac{1}{2}$ cup) (see Tips)
- Olive oil (3 tbsp)
- sea salt and pepper, to taste



NOTES & TIPS:

- ➔ • Try a mixture of oregano, thyme, rosemary, parsley
- ➔ • For a gluten-free option, replace sourdough bread crumbs with gluten-free bread crumbs