Hot Honey Protein-Loaded Sweet Potato Boats

MEDIUM • 90 MINS

The Tasty team have developed these loaded sweet potato boats finished with a drizzle of Capilano Hot Chilli Honey for a subtle sweet kick. Packed with protein and flavour, it's a comforting, satisfying meal your family will love to dig into again and again.

Perfect for meal prep! View the recipe video here

SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Medium	20 mins	70 mins	4

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Ingredients

For the Sweet Potato Boats:

- 4 medium-sized sweet potatoes, rinsed
- 2 tbsp olive oil
- 500g beef mince
- 2 garlic cloves, minced
- 30g taco seasoning
- ½ tsp salt
- 1 cup water
- 1 tbsp Capilano Hot Chilli Honey
- ½ cup grated cheddar cheese
- ½ cup sour cream

For the Guacamole:

- 1 large avocado, skin and seed removed
- 1 tomato, diced
- ¼ red onion, diced
- ½ lime, juiced
- ½ tsp salt
- ½ tsp black pepper

To Garnish:

- 4 tbsp Capilano Hot Chilli Honey

Method

1. Preheat the oven to 180°C conventional oven (or 160°C fan-forced). Line a baking tray with baking paper. Place the whole sweet potatoes onto the tray, and pierce each one a few times with a fork. Place into the oven to roast for 45-60 minutes or until soft inside.

2. Place a pan over medium-high heat and add the olive oil and beef mince. Cook for a few minutes, stirring intermittently until browned. Add the garlic, taco seasoning and salt, and stir through for an extra minute. Add one cup of water, and turn down the heat to a simmer for five minutes until the liquid reduces. Turn off heat, stir through the Capilano Hot Chilli Honey and set aside.

3. To make the guacamole, add the avocado flesh, diced tomato, red onion, lime juice, salt and pepper to a bowl. Using a fork, mash the avocado and mix well.

4. To serve, place the roasted sweet potatoes onto serving plates and score with a knife down the centre. Open up the sweet potatoes into boats.

5. : Fill the well of each sweet potato with warm beef mince, a sprinkle of cheddar cheese, guacamole, sour cream and garnish with coriander leaves. Drizzle with extra Capilano Hot Chilli Honey.

6. Serve and enjoy!

Used in this recipe

Capilano Hot Chilli Honey

Available at

coles woolworths

Honey with a Kick!

Capilano Hot Chilli Honey is crafted by our master honey blender, who expertly infuses

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premium Australian floral honey with firey flecks of habanero chilli to create a delicious, sweet heat.

Elevate Your Savoury Dishes

Seek out the taste of adventure of sweet and spicy with this hot honey on your pizza, wings, tacos, stir fries and Asian-inspired dishes. It's a convenient, fresh new way to add loads of flavour to any savoury dish.

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