

# Spicy avocado sweet potatoes

Serves 2, takes about 1 hour and uses 1 baking tray

## INGREDIENTS

2 sweet potatoes about 250g each

A drizzle of olive oil

1 lime, halved.

2 small avocados, peeled and crushed.

Approx 50g bunch of coriander, roughly chopped

1 red chilli, sliced

## DIRECTIONS

Pre heat your oven to gas mark 8, 450°F, 232°C, 212°C fan.

Wash and dry the sweet potatoes, then top and tail them. Rub them with just enough olive oil to coat the skins. Place them on a baking tray and cook in the oven for 50 minutes.

Meanwhile, prepare the toppings. When the potatoes are cooked, take them out of the oven and put one on each plate. Cut in half lengthways and squish them so that they spread out on the plate a bit.

Squeeze the lime juice all over the potato flesh. Top this with avocado, then scatter liberally with coriander and finally top with the red chilli.

