

Corn and Tuna Sweet Potatoes



Preparation time: 95 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Pantry and Fridge Staples, Dinner Recipes

For a sweet and savoury meal option that's delicious, the Corn and Tuna Sweet Potatoes are perfect for a mid-week dinner. If you want to get dinner on the table even faster, try baking the sweet potatoes ahead for a quick and easy family meal.



Ingredients

- 3 eggs, lightly beaten
- 2 x 500g sweet potatoes
- 2 x 125g cans corn kernels, drained
- 185g can tuna in oil, drained, flaked
- 2 tbsp chopped fresh flat-leaf parsley, plus extra to serve
- 50g (½ cup) grated tasty cheese

- Mixed salad, to serve
- Micro herbs or steamed green vegetables, to serve

Method

1. Preheat the oven to 190°C/170°C.
2. Place the sweet potatoes on a baking tray and bake for 50-60 minutes or until tender (test with a pointed knife in the side) and remove them from the oven and when cool enough to handle.
3. Cut the sweet potatoes in half horizontally and scoop out the flesh, leaving about 1cm in the skin.
4. Mash the sweet potato flesh with a fork and add the corn, tuna and parsley. Stir in the eggs, and season to taste. Place the sweet potato shells onto an oven tray lined with non-stick baking paper. Spoon the mixture into the sweet potato shells (if the shells are very soft, prop the sides with a little folded foil).
5. Sprinkle cheese on top and bake for 25 minutes or until golden. Serve immediately with salad or steamed green vegetables.

Notes

Tip: To get ahead, you can pre-roast the sweet potatoes up to 2 days ahead.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
396g	1670kJ 399kcal	23.7g	10.9g	3.4g	46.1g	16.2g	304mg	8.7g

All nutrition values are per serve.