

Loaded Sweet Potato Skins



Ingredients

4 Large Sweet potatoes
Vegetable Oil
Salt & Pepper
A ripe Avocado
3-4 Spring Onions
2 Large Tomatoes
1/2 Tin Black Beans, drained
Small tub of Sour Cream

Method

Preheat oven to gas mark 6/180C Fan/200C and line 2 baking sheets with foil.

Wash the potatoes and dry with a tea towel or some kitchen roll. Cut off the ends and then cut the potatoes into 1cm thick slices and place in a large bowl. Drizzle over a little oil and season with salt and pepper and then toss the potatoes so that every slice is coated in oil. Lay the potatoes onto the prepared baking trays and bake in the oven for 30 minutes, turning halfway.

Whilst the potatoes slices are baking, chop up the avocado, tomatoes and spring onions and place in a bowl with the black beans. Mix together and season with a little salt and pepper. Once the potatoes have had their 30 minutes; spoon a little of the mixture on top and bake for a further 5 minutes. Move the skins onto your serving plate and drizzle over the sour cream. Serve immediately.

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