



Loaded Sweet Potato with Extra Lean Meatballs

PREP AND COOK 60 MINS | SERVES: 4

INGREDIENTS

BASE

- 2 medium sweet potatoes, skin on
- Olive oil
- Sea salt & cracked black pepper

PROTEIN

- 12 Peppercorn Extra Lean Beef Meatballs (3 meatballs per serve) or 6 Beef Extra Lean Beef Burgers (halved and rolled into two meatballs).

FRESH SALSA

- 1 cup or can, cooked black beans, rinsed & drained
- 1 cup or can, sweet corn kernels
- 1 large tomato or 12 cherry tomatoes, diced
- 1 ripe avocado, diced
- Small handful coriander, roughly chopped
- Juice of ½ lime

TO SERVE

- Sour cream
- Sriracha (to taste)
- Fresh chilli, finely sliced (optional)
- Extra coriander leaves
- Salt, pepper for seasoning

PREPARATION

1. Roast the sweet potatoes. Preheat oven to 180°C. Pierce sweet potatoes with a fork, rub lightly with olive oil and season with salt. Roast for 45–60 minutes, or until soft and tender through the centre. Allow to cool slightly, then slice open lengthways.
2. Cook the meatballs. Cook over medium heat using your preferred method (BBQ, pan-fry, grill or air fryer). Refer to the back of the pack for detailed cooking instructions. Allow 10–15 minutes, depending on the cooking method used.
3. Make the fresh salsa. In a bowl, combine black beans, corn, tomato, avocado and coriander. Toss gently with lime juice and season to taste.
4. Assemble. Place sweet potatoes on a serving plate or in a meal-prep container. Top with salsa, meatballs, a dollop of sour cream and a drizzle of sriracha. Finish with chilli and extra coriander.

STATS - PER SERVE

- Calories - 414
- Protein - 22.3g
- Fibre - 13.3g - over half of the average adult daily requirement (20-30g)
- Carbs - 47.6g
- Fat - 17.6g - total fats, saturated 4.6g

MEAL PREP TIP

- This dish is perfect for meal prep. Store components separately or assembled in an airtight container for up to 3 days. Reheat gently, adding fresh toppings just before serving.