

Baked Sweet Potato

This is a colourful and nutritious alternative to an ordinary baked potato and can be cooked in a much shorter time.



Milk*

Nutritional information per portion (76g):

Energy 592kJ 141kcal 7%	Fat 7.6g 11%	Saturates 1.9g 10%	Sugars 9.4g 10%	Salt 0.22g 4%
----------------------------------	---------------------------	---------------------------------	------------------------------	----------------------------

of an adult's reference intake.
Typical values per 100g: energy 779kJ/186kcal.

Equipment

- Weighing scales
- Fork
- Measuring spoons (optional)
- Pastry brush (optional)
- Kitchen foil (optional)
- Baking tray
- Pan stand
- Oven gloves
- Small sharp knife

Ingredients

Serves 4

- 4 medium sweet potatoes
- 1 x 5ml spoon olive oil (optional)
- 40g unsaturated fat spread
- Paprika (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Wash and dry the potatoes.
3. Prick the potatoes with a fork to prevent the skins from bursting.
4. Brush with oil for a crisp skin or wrap them in foil for a soft skin.
5. Place on a baking tray and cook for approximately 50 minutes until tender inside. When cooked, remove from the oven.
6. Cut a cross in the centre of each potato and squeeze it open.
7. Add the spread and a sprinkle of paprika to each potato.

Top Tip

- Try to choose potatoes of a similar shape and size so that they are all cooked through at the same time.

Skills used include:
Measuring and baking.



Something to try next time

- Replace the paprika with cinnamon.
- Serve the potatoes with a filling and a side salad. Search our salad recipes on our website.

Prepare now, eat later

- Once the potatoes are cooked, reduce the heat to about 160°C/140°C fan or gas mark 3 to keep them hot.