



Prawn Tikka Stuffed Sweet Potato

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Ingredients

For 2:

- 2 sweet potatoes
- 150g king prawns
- 4 tbsp sweetcorn
- 2 tbsp dessicated coconut
- 75ml milk
- 2 tbsp natural yogurt
- 1 tsp cumin
- Half tsp turmeric
- Half tsp paprika
- Half tsp garam masala
- Bit of fresh coriander

Instructions

1. Prick the potatoes with a fork a few times. Microwave for 6-8 minutes on each side until just cooked through.
2. Carefully slice the top off each potato lengthways. Scoop out the flesh and set aside.
3. Meanwhile, toss the prawns in the cumin, turmeric, paprika and garam masala.
4. Fry the prawns for a few minutes, then add the sweetcorn, coconut and potato flesh.
5. Pour in the milk and simmer for a few more minutes until everything is nice and

hot.

6. Take off the heat and spoon the mixture into each potato shell.

7. Bake for 25-30 minutes at 200 degrees C. Garnish with some fresh coriander.