

Prawn Tikka Stuffed Sweet Potato

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Ingredients

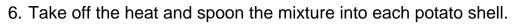
For 2:

- 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.



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