



Pineapple Stuffed Sweet Potato

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 2 sweet potatoes
- 50g green pepper, finely chopped
- 2 pineapple rings, finely chopped
- Juice of 1 lemon
- Large handful of salad leaves of your choice (watercress, spinach and rocket used here)

Instructions

1. Prick the potatoes all over with a fork. Microwave on high for 8-10 minutes, turning once halfway through, or until cooked through.
2. Carefully slice the top quarter off the potatoes (lengthways) and scoop out the flesh.
3. Mix the flesh with the pepper, pineapple and lemon. Spoon back into the potatoe shells.
4. Bake in the oven at 180 degrees C for 15-20 minutes. Serve atop salad.