

SWEET POTATO BOWL

SIMPLE • GROUNDING • FEEL GOOD

🍴 4 servings

🕒 Prep Time : 15 minutes

Bake Time : 20-25 minutes



INGREDIENTS

BASE:

2-3 Medium Sweet Potatoes, diced

Olive Oil

Salt & Pepper

PROTEIN LAYER:

500g Beef Mince (any mince works)

1 tspn Paprika

1 tspn Garlic Powder

½ tspn cumin

Salt & Pepper to taste

FRESH LAYER:

1 Cup Lettuce, shredded

1-2 Tomatoes, diced

¼ Red Onion, finely diced

Juice of ½ -1 Lime

TOPPINGS:

Grated Cheese

Sour Cream (or Greek Yoghurt)

1 Avocado, sliced or diced

DIRECTIONS

1. Preheat oven to 200°C (fan-forced). Line a tray with baking paper.
2. Bake the Sweet Potatoes: Spread diced sweet potatoes onto the tray. Drizzle with olive oil, season with salt and pepper, and toss to coat. Bake for 25-30 minutes, or until soft inside and lightly golden on the edges.
3. Cook the mince: While the sweet potatoes are baking, heat a large frypan over medium heat. Add the mince and cook until browned, breaking it up as it cooks. Stir in paprika, garlic powder, salt and pepper. Simmer for a few minutes until fully cooked and fragrant.
4. Prepare the Fresh Layer: In a small bowl, combine diced tomato and red onion. Squeeze over fresh lime and stir gently. Set aside
5. Build your Bowls: Start with a layer of sweet potato. Spoon over the seasoned mince. Add cheese (it will melt slightly from the warmth). Top with lettuce, tomato mixture, avocado and a dollop of sour cream.
6. Serve immediately and enjoy warm, layered comfort.

Simple food. Gentle care.

SHE UPRISING

WWW.SHEUPRISING.COM.AU