

# 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.*

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