

Seasonal Heroes

# SWEET POTATO

Autumn welcomes this versatile root vegetable into peak season. A perfect time to heat up your menu with soups, pastas, warm salads, bakes and roasts. Sweet potato also makes a great offering for vegetarians and health conscious diners.

The skin contains a number of additional nutrients, scrub well before cooking

Store at room temperature in a dry, well ventilated area

Choose medium sized sweet potatoes with smooth undamaged skin

## Quick facts

- There are four main types of sweet potatoes in Australia – gold, red, purple and white, with the gold variety being most common
- Potatoes will not ripen after harvesting
- Storing at cold temperatures negatively alters the taste and creates a hard centre

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## Tex Mex Baked Sweet Potato with Nachos Fixings

### *Black Bean & Tomato Salsa*

150g black beans, cooked & drained  
100g salsa mild  
20ml lime juice  
150g cherry tomato medley, quartered  
50g red onion, finely diced  
30ml extra virgin olive oil  
10g fresh mint, shredded  
Tabasco sauce to taste  
Sea salt

### *Pickled Jalapeños*

250ml white vinegar  
250ml water  
40g caster sugar  
20g salt  
8 whole jalapeños, finely sliced

### *Black Bean & Tomato Salsa*

Mix all ingredients together, season to taste and refrigerate.

### *Pickled Jalapeños*

Bring vinegar, water, sugar and salt to the boil. Add jalapeños then remove from the heat and let stand for 10 minutes. Store in sterilised jar and refrigerate until needed.

### *Coriander Cream*

Combine ingredients and refrigerate.

### *Baked Sweet Potatoes*

Brush sweet potatoes with half the avocado oil, dust with taco seasoning. Place in a roasting tray then bake at 180°C for 20 minutes or until tender. Remove from oven then brush with the remaining oil. Season with sea salt.

### *To Serve*

Smear a spoon of the coriander cream over plate, arrange the sweet potato wedges over the top, spoon on the salsa and diced avocados. Drizzle over the liquid cheese, scatter with jalapeños and toasted corn, serve with lime wedges.

*Serves 8*

### *Coriander Cream*

240ml sour cream  
20g coriander, finely chopped  
2g smoked paprika

### *Baked Sweet Potatoes*

8 150g sweet potatoes, cut into wedges  
20ml avocado oil  
40g taco seasoning  
Sea salt

### *To Serve*

2 medium avocados, diced  
240ml Mexican liquid cheese, warmed  
50g toasted corn  
2 limes, each cut into 8



## Uses

Baked, mashed, fried, boiled – sweet potatoes are extremely versatile for traditional cooking methods, though why not try them in smoothies with dates and cinnamon or use a spiralizer to turn them into noodles. Swap out white potatoes to make golden gnocchi or a sweet potato rösti to serve the healthy brunch-goers. The natural sweetness provides the perfect opportunity to also use them in desserts.

The perfect dish starts with the freshest ingredients. Bidfood Fresh provides quality, farm-fresh produce, hand-picked daily to ensure your menu is always bursting with flavour.

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