



Creamy Philadelphia and Leek stuffed Sweet Potato

Deliciously sweet potato, onion and Philly mash
with spicy sausage in a baked sweet potato skin.



By Lorraine
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Serves : 4 Prep Time : 35 mins Cooking Time: 15 mins

Ingredients

4 sweet potatoes, pricked with a fork (even-sized and each about 275g)

6 large cumberland/Italian spicy sausage (or your favourite) sausages, skins removed

2 leeks, thinly sliced or 1 large onion

170g carton Philadelphia Garlic and Herb cream cheese

1 tbsp chopped fresh flat-leaf parsley- optional
½ tsp fresh thyme leaves (optional)

Splash of milk

Sea salt and freshly ground black pepper

Oil

Nutritional Values:

Weight Per serving 518g:

Per serving: 663 Cals, 32g fat, 13.5g sat fat, 25g protein, 63g carbs, 20.5g sugars, 12g fibre, 2.3g salt.

Per serving: 128Cals, 6.2g fat, 2.6g sat fat, 4.8g protein, 12.2g carbs, 4g sugars, 2.3g fibre, 0.45g salt.

Method

Preheat the oven to 220C (450F), Gas mark 7. Keeping the potatoes whole, microwave the sweet potatoes on high for 10 minutes, turning half way through cooking. Leave until cool enough to handle, then cut in half lengthways and carefully scoop out the most of the middle of the potato flesh into a bowl, keeping the skins intact.

As the sweet potatoes cook, put the oil in to a frying pan. Rip the sausages in to bitesized pieces adding them to the pan as you go. Cook on high for 5 minutes, shaking the pan from time to time. Remove the sausages from the frying pan and set aside. Then add the leeks/onion to the frying pan and fry until they are tender (4-5 mins).

Put the leeks/onions in the bowl with the sweet-potato flesh and the most of the Philadelphia cream cheese (reserve about ¼ of the Philly for topping the sweet potatoes once cooked) and mash all together. Then add the sausages and stir through to combine, adding a splash of milk or water to soften the mixture. Season with salt and pepper, then spoon the mixture back into the sweet potato skins. Place on a baking sheet and bake for 15 minutes until the sweet potatoes are lightly golden and the skins have crisped up. Once baked, arrange on plates with a dollop of the Philly on top. Sprinkle with parsley if required. Serve with a tomato and rocket salad.

