

Tempeh Loaded Sweet Potato with Tomato and Avocado Salsa

Ingredients

4 medium sweet potatoes
1 block of soy tempeh
8- 10 kale leaves or silverbeet leaves or other leafy greens finely shredded
pepper to taste (for those with high blood pressure omit the salt or just add a few sprinkles)
4 cloves garlic minced
1 small onion finely diced
2 splash of olive oil

For the salsa

2 spring onions chopped finely (scallions)
2 medium tomatoes diced fine (or equivalent in cherry tomatoes)
1 cup coriander or other herbs
1 avocado diced fine
1 tbsp lemon juice
1 chilli finely chopped (optional)
salt for those with low or regular blood pressure and pepper to taste

For tahini sauce

¼ cup tahini
up to ¼ cup water
lemon juice to taste
salt and pepper to taste (optional)

Method

1. Wash the sweet potatoes and prick them with a fork. Place them on a baking tray and bake for up to 45 minutes or until they are soft when you pierce with a skewer.
2. Crumble the tempeh and place on a baking tray with a splash of olive oil and bake for 20 minutes or until it browns a little
3. While the sweet potatoes are cooking add a splash of the oil to a frying pan and fry the onions and garlic (adding a few sprinkles of salt if you don't have high blood pressure) and pepper. Cook for 2 minutes then add the kale and cook for 5 minutes or until completely wilted.
4. For the salsa add all of the ingredients together. For the tahini sauce mix all the ingredients together adding more water if its too thick.
5. Once the sweet potato is cooked let cool for 5 minutes then cut them in half and scoop out the flesh leaving the skin intact. Mix the flesh with the kale and onion mixture and add more salt and pepper if needed.
6. Spoon the mixture back into the sweet potato skins and place in the oven for 10 to 15 minutes to warm up.
7. Serve with the tempeh sprinkles on top of the sweet potatoes a drizzle of tahini sauce and a side of the salsa.



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