



SWEET POTATO JACKETS WITH ZINGY BUTTER



Sweet potatoes are full of vitamins A and C, making this a great vegan-friendly recipe for you and your baby during stage 2 weaning.

No hassle to prepare, they're a great back-up item to have in your fridge. For a light lunch, serve with a simple salad (or why not try it with our kale salad?).

WHAT YOU NEED

2 sweet potatoes
1/2 block of butter at room temp (coconut oil would also work well)
1 red chilli, seeds removed, finely grated
1 inch peeled ginger, finely grated
1 lime zest

WHAT TO DO

1. Preheat the oven to 200 °C/gas 6.
2. Whilst the oven is heating, place the potatoes on a roasting tray (include a few extra if you wish; it never hurts to have a few extra cooked potato back-ups for a speedy snack!) and cook until soft and delicious (around 35-45 minutes).
3. Whilst the potatoes are cooking mix all the butter ingredients together and put to one side. (This will make more than you need, however, it keeps well in the fridge for 2-3 weeks or in the freezer for up to 6 months, and can be used for all manner of things!).
4. When the potatoes are ready, cut open and top with your butter whilst still hot, and serve as you like!