

Super Sweet Potato Bake



RECIPE SERVES
8-10

Add extra veg to serve more people!



Ingredients

- | | |
|---|----------------------------|
| 2 spring onions | 1 cup reduced fat milk |
| 2 garlic cloves | 1 tablespoon Dijon mustard |
| 3 potatoes | 125g light cream cheese |
| 1 sweet potato | 420g tin corn kernels |
| 150g reduced fat cheese | |
| Spray oil | |
| 3 tablespoons plain flour | |
| 3 teaspoons salt-reduced chicken stock powder | |
| 2 teaspoons dried mixed herbs | |
| 1 teaspoon dried thyme | |
| Pepper | |
| 1 cup water | |

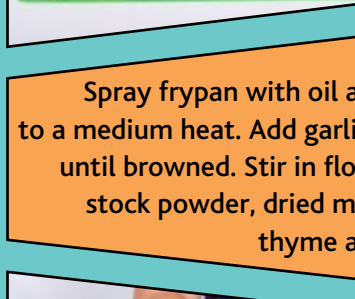
Equipment

Knife, chopping board, grater, frypan with lid, egg flip, measuring cups, measuring spoons, strainer



1.

Slice spring onion and finely dice garlic. Cut potatoes and sweet potato in half and then slice very thinly. Grate cheese.



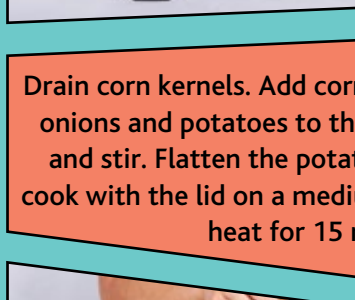
2.

Spray frypan with oil and turn on to a medium heat. Add garlic and cook until browned. Stir in flour, chicken stock powder, dried mixed herbs, thyme and pepper.



3.

Add water, milk and Dijon mustard to the frypan and stir until sauce becomes thick. Stir in cream cheese and ½ cup of grated cheese.



4.

Drain corn kernels. Add corn, spring onions and potatoes to the frypan and stir. Flatten the potatoes and cook with the lid on a medium-high heat for 15 minutes.



5.

Sprinkle the remaining cheese on top of the potatoes and cook with the lid on until the cheese is melted and potatoes are soft.