

SWEET POTATO, GUACAMOLE & SMOKED SALMON CRUDITES



QUICK

12 mins prep time

HEALTHY

Avocados are an excellent source of monounsaturated fat and vitamin E, which keeps cell walls healthy

FAMILY

Makes approx. 35

MEALS

A lovely crudité, starter or part of a brunch

INGREDIENTS

- 2 medium sized sweet potatoes
- Oil for brushing
- 2 avocados
- 1 large tomato or 2 smaller ones
- Juice of 1 lime
- Small red onion
- 100g Smoked salmon
- S and P
- Optional - Paprika or crushed chilli for sprinkling

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Thinly slice the sweet potato – no need to peel
- 3) Brush with oil and bake for approx. 30-45 mins. Depends on your oven. Take out when cooked and starting to get crispy
- 4) Make guacamole by mashing avocado in a bowl
- 5) Dice tomatoes - add
- 6) Dice onion - add
- 7) Add lime juice - mix
- 8) Add salt and pepper to taste
- 9) Put a large tsp guacamole onto the sweet potato crisp
- 10) Lay some smoked salmon over the top
- 11) Sprinkle with paprika/crushed chilli



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com