



FAKE-BAKED LOADED

SWEET POTATO

Prep: 10 min
Cook: 12 min
Servings: 4

Ingredients

- ▲ 4 sweet potatoes
- ▲ 1 cup reduced-fat mozzarella cheese, grated
- ▲ 300 g cooked or BBQ chicken breast, sliced or shredded
- ▲ 250 g cherry tomatoes, halved
- ▲ 1 cup basil leaves
- ▲ pepper, to taste

Method

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.

2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes. Turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
3. Carefully cut sweet potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and pepper and serve.

Hint: Sweet potato cooking time may vary from 4-7 minutes per side, depending on the size and how many are in the microwave at once. If cooking 1 sweet potato, start with 3 minutes each side.

SPANAKOPITA

Prep: 35 min + 10 min standing time
Cook: 40 min
Servings: 4

Ingredients

- ▲ 1 kg frozen spinach
- ▲ olive or canola oil spray
- ▲ 2 onions, finely chopped
- ▲ 4 cloves garlic, finely chopped
- ▲ 400 g reduced-fat smooth ricotta cheese
- ▲ 80 g reduced-fat feta cheese
- ▲ 1 lemon, zest and juice
- ▲ 4 eggs
- ▲ pepper, to taste
- ▲ 8 sheet filo pastry
- ▲ 1 tbs sesame seeds

Method

1. Preheat oven to 200°C (180°C fan forced).
2. Defrost the spinach in the microwave in two batches. Place spinach in a large microwave safe bowl, cover and cook on HIGH for 4 min until defrosted. Repeat with the second batch. Squeeze out excess moisture by pressing spinach in a sieve or colander, or wrapping in a clean tea towel and wringing out.
3. Meanwhile, place a small non-stick pan on medium-high heat and spray with oil. Cook onion for 5 minutes, stirring occasionally, then add garlic and cook for a further

minute. Allow to cool a little.

4. Combine the onion and garlic mixture with the spinach, ricotta, feta, lemon zest, eggs and pepper.
5. Place a filo sheet on a flat surface and spray with oil. Layer three more filo sheets on top of each other, spraying lightly with oil between layers.
6. Lightly spray a deep baking pan with oil. Transfer the pastry stack into the baking pan, allowing it to hang over the edges. Depending on the size of your pan, you may have to fold the filo in half so that it fits.
7. Spoon spinach mixture onto filo and smooth over the top with a butter knife.
8. Make a second pastry stack using remaining filo sheets (use a light spray of oil between each layer) and place on top of the spinach filling. Again, you may have to fold the filo in half so it fits. Fold over the edges of excess pastry together neatly.
9. Lightly spray the top with oil and sprinkle over sesame seeds.
10. Bake for 30-40 minutes until golden and crispy. If the top is browning too quickly, cover with foil while cooking.
11. Allow to stand for at least 10 minutes before cutting. Serve warm or cold.

