

Baked Sweet Potato (4 person)



Ingredients

- 1 sweet potato per person

Method

1. Heat the oven to 200C/ 180C fan. Line a tray with foil or baking paper. Scrub the potato and then pop on the lined baking tray. Cook for 40 minutes to 1 hour depending on the size of the potato. The skin will start to look a little puffy and slightly blackened in places when the potato is cooked. You can check by poking a skewer or knife through to the centre to make sure it's soft all the way through.

