

Blistered Sweet Potatoes with Herby Tuna



Serves 2

Prep 25 mins

Cooking 15 mins

Easy

Ingredients

2 large sweet potatoes
1/2 tbsp olive oil
150g tuna in olive oil, drained
2 tbsp pesto
2 tbsp Greek yoghurt
1 lemon, juiced and 1/2 zested
1/2 bunch parsley, finely chopped
1 large roasted red pepper, finely sliced
1/4 cucumber, deseeded and cubed
60g feta, crumbled
peppery salad to serve (optional)

1. Heat the grill to high. Prick the potatoes with a fork. then microwave on high for 10 mins. Rub with the olive oil and season with salt. Transfer to a baking sheet and grill for 5 mins or until the skin is crisp and blistered.
2. Tip the tuna into a mixing bowl and combine with the pesto, yoghurt, lemon zest, most of the herbs and the roasted pepper, then gently stir in the cucumber, remaining herbs, feta and lemon juice. Season.
3. Split the sweet potatoes open and fill with the tuna mixture, top with more parsley if wished and serve with salad, if you like.