

Sweet Potato Jackets with Smoked Mackerel & Yoghurt



Serves 2

Prep 10mins

Cook 1h

Easy

Ingredients

2 small sweet potatoes, scrubbed
oil
2 small fillets smoked mackerel, flaked
1 tsp mustard
4 tbsp fat free yoghurt
a pinch paprika, plus extra to serve
salad leaves to serve

1. Heat the oven to 180C/Fan 160/Gas 4. Rub the sweet potatoes with 1 tsp oil and bake for 40 - 50 minutes until very tender and soft throughout. Mix the remaining ingredients.
2. Pile into the jackets, and sprinkle with a pinch of paprika.
3. Serve with a salad.