

## Roasted kumara with eggs & avocado salsa

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Preparation 15 mins | Cooking 1 hour | Serves 4

- 4 small (about 250g each) kumara (orange sweet potato), washed, scrubbed and dried
- 4 small free-range eggs

### Avocado salsa:

- 1 small ripe avocado, diced
- 200g grape tomatoes, halved and sliced
- 1 tbs lemon juice
- 2 tbs chopped coriander leaves

**STEP 1** Preheat oven 180°C fan-forced. Place kumara on a baking tray lined with baking paper. Cover with a sheet of foil. Bake for 1 hour 10 minutes or until tender. Remove from oven. Set aside to cool slightly.

**STEP 2** Using a small sharp knife, make a deep cut lengthways down the centre of each kumara. Gently push the kumara ends towards the centre to create an opening. Repeat with remaining kumara. Crack an egg into each kumara. Return to oven and bake for 12-15 minutes or until yolk is just firm. Set aside to cool slightly.

**STEP 3** Meanwhile to make salsa, combine tomatoes, avocados, lemon juice and coriander in small bowl. Season with salt and pepper to taste. Top each kumara with avocado salsa and serve.

### Good for you...

#### **KUMARA (ORANGE SWEET POTATO)**

*Like other orange coloured vegetables, kumara is rich in a range of carotenoids, including beta carotene, which the body converts to vitamin A (needed to for normal vision and the structure of our skin). Kumara is a natural source of vitamin C, which is needed for the normal functioning of the immune system.*

