



CLONAKILTY

BAKED SWEET POTATO'S WITH AVOCADO, IRISH YOGURTS CLONAKILTY CRÈME FRAÎCHE, FETA CHEESE WITH HERB OIL.



By Irish Yogurts Clonakilty

Baked Sweet Potato's with Avocado, Irish Yogurts Crème Fraîche, and Feta Cheese with Herb Oil

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Method

- Pre heat the oven to 180
- Put the sweet potatoes on a roasting tin
- Bake for 30-40 minutes until cooked through
- Mix [Irish Yogurts Clonakilty Greek Style Natural Live Yogurt](#) with the juice of half a lemon
- Split the sweet potatoes in two, spoon on the Irish yogurt Clonakilty Crème fraiche, sprinkle with feta.
- Half the avocados, remove the stones and skin and slice. Place each avocado half straight on



the potatoes, squeeze over lime juice

- Spoon herb oil over each, sprinkle with spring onion and chopped roast almonds
- Serve with a wedge of lime

For the Oil

- Blitz together all the ingredients for the oil

Ingredients

Main

- 4 largish, sweet potatoes, well-scrubbed
- Juice of half a lemon
- 50g Feta cheese
- 4 spring onions trimmed and cut on the diagonal
- 2 ripe avocados
- 2 limes
- Handful of roast almonds
- 125g of [Irish Yogurts Clonakilty Half Fat Crème Fraîche](#)

For the Oil

- Large bunch of flat parsley
- Large bunch of coriander leaves
- 2 cloves of garlic finely chopped
- Juice of half a lemon
- 100 mls of Olive oil
- Large pinch of chilli flakes

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