

BAKED SPUD STUFFED WITH BLACK BEAN, AVOCADO AND RED ONION



Serving: 4

Cooking Time: 30 minutes plus extra for refrigerating

Prep Time: 10 minutes

INGREDIENTS

- *Topping:*

- 30ml (2 tbsp) coconut oil
- 1 small red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 X 400g tin black beans, drained and rinsed
- 5ml (1 tsp) ground cumin
- Juice and zest of 2 limes
- 200g baby spinach
- 2 tomatoes, seeded and chopped
- 100g mozzarella, grate
- 2 potatoes, boiled
- 1/2 avocado, cubed
- 30ml (2 tbsp) fresh coriander, snipped

INSTRUCTIONS

1. To make the topping, heat the coconut oil and sauté the onion and garlic for a few minutes.
2. Add the beans, cumin, juice and zest as well as the spinach and tomatoes and cook for a few minutes to heat through.
3. Slice the potatoes in half and scoop a little of the flesh out. Brush with a little olive oil and bake until golden, for about 20 minutes.
4. Place the potato halves on a serving dish and top with the toppings. Sprinkle with the mozzarella and grill until the cheese has melted. Serve topped with the avocado and sprinkle with the coriander while still hot.