

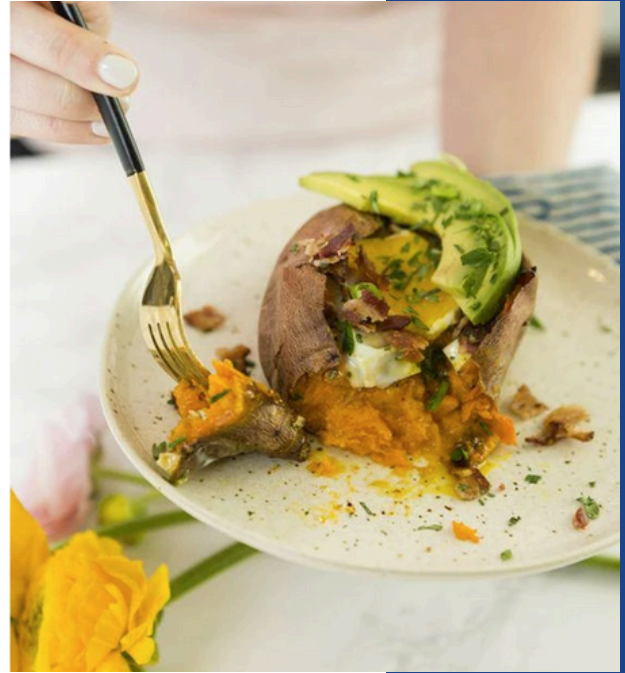
Sweet Potato Egg Boat

SIMPLE RECIPE



Ingredients

- 1 small sweet potato, roasted and still hot from oven
- 1 teaspoon ghee
- salt and pepper, to taste
- 1 egg
- 2 pieces bacon, cooked and crumbled
- 1/2 ripe avocado, sliced
- parsley and/or green onion, chopped, to garnish
- Freshly ground pepper, to garnish



Steps

1. Preheat oven to 200°C. Place potato on rimmed baking sheet.
2. When it's cool enough to touch (even if using a kitchen towel), carefully slit the top of the sweet potato (do not cut all the way through). Squeeze the ends to open potato up.
3. Add ghee and mash, using a fork. Salt and pepper to taste; about a pinch of each will do.
4. Create a well in the center of the potato by removing one scoop of the potato.
5. Add the egg.
6. Bake for 10-15 minutes, until whites are set and egg yolk is done to your liking.
7. Remove from oven and garnish with bacon crumbles, avocado slices, chopped herbs, and freshly ground pepper.
8. Enjoy!

Practice kitchen safety:
Avoid burns and fires while cooking hot food. Use oven mitts, handle pots carefully, and keep flammable objects away from the stove. Always supervise cooking, turn handles inward.

