



# LOADED KUMARA WITH TASTY LIGHT

[https://www.mainland.co.nz/recipe/Loaded\\_Kumara\\_with\\_Tasty\\_Light.html](https://www.mainland.co.nz/recipe/Loaded_Kumara_with_Tasty_Light.html)



**Prep Time**  
10 MINS

**COOKING Time**  
45 MINS

**SERVES**  
4

A perfect, no fuss main that is a hit for the whole family. We love this served with guacamole and a green salad.

## Ingredients

- 4 medium orange kumara, halved lengthwise
- 1 tin black beans, drained and rinsed
- 1 jar tomato salsa
- 2 spring onions, chopped
- 150g (approx 2 cups) grated Mainland Tasty Light

## Method

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Put the kumara, cut side down on the baking tray and cook for 30 minutes or until tender.
3. Allow to cool for few minutes, then carefully scoop out the flesh and put into a bowl and roughly mash. Add the beans, ½ cup of tomato salsa, spring onions and half the cheese. Season with salt and pepper.
4. Stuff back into the kumara shells and top with the remaining Tasty Light. Bake for a further 10-15 minutes or until the cheese has melted.
5. Serve with the remaining salsa.