

Hot Honey Beef & Sweet Potato Boats: The Ultimate High-Protein Weeknight Dinner

Hot Honey Beef & Sweet Potato Boats: A Sweet, Spicy, and Savory Masterpiece



OVEN
400°F

TIME
60 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 Large Sweet Potatoes: Look for ones that are uniform in shape so they cook evenly.

1 lb Ground Beef: I recommend 90/10 lean ground beef for this recipe.

Salt: To bring out the natural flavors of the beef.

1/2 tsp Smoked Paprika: This adds a deep, woody aroma that complements the honey.

1/2 cup Cottage Cheese: Small curd works best for a creamy texture.

1 Avocado: Sliced or cubed for healthy fats and creaminess.

Hot Honey: The star of the show! Adjust the drizzle based on your heat tolerance.

Black Pepper: Freshly cracked is always best.

1 Cucumber (sliced)

1 tbsp Olive Oil

1 tbsp Vinegar (Apple Cider or White Wine)

Salt & Sesame Seeds

Ingredient Swaps and Notes:

The Protein: Not a fan of beef? This recipe works beautifully with ground turkey or chicken. If you want a more festive flavor profile, check out This Mexican Chicken and Rice Casserole for inspiration on seasoning your poultry.

The Cheese: If cottage cheese isn't your favorite, you can swap it for Greek yogurt or even a dollop of ricotta. If you're looking for more ways to use cottage cheese, you have to try The Viral Cottage

Cheese Pancake.

The Heat: If you don't have hot honey, mix 1/4 cup of regular honey with 1/2 teaspoon of red pepper flakes and a splash of apple cider vinegar.

Step-by-Step Instructions:

1. Bake the Sweet Potatoes:
2. Cook the Beef:
3. Assemble the Boats:
4. The Finishing Touches:
5. Prep the Side:

Tips for Success:

Uniformity: Try to pick potatoes that are roughly the same size so they finish cooking at the same time.

Don't Overcook the Beef: Lean beef can dry out quickly. Remove it from the heat as soon as it's fully browned.

Air Fryer Shortcut: If you're in a rush, you can "bake" the sweet potatoes in an air fryer at 400°F for about 35-40 minutes.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 520 kcal

Protein: 38g

Carbohydrates: 42g

Fat: 22g

Fiber: 9g

Storage and Leftover Tips:

Final Thoughts:

DIRECTIONS

1. **Bake the Sweet Potatoes:** Preheat your oven to 400°F (200°C). Scrub your potatoes clean and pierce them several times with a fork. This allows steam to escape so they don't burst! Place them on a baking sheet and bake for 45-60 minutes. You'll know they are ready when a fork slides into the center with zero resistance.
2. **Cook the Beef:** While the potatoes are finishing up, brown your ground beef in a large skillet over medium heat. Break it apart with a spatula as it cooks. Once it's no longer pink, drain any excess grease. Stir in your salt and smoked paprika, ensuring the meat is well-coated.
3. **Assemble the Boats:** Slice the hot sweet potatoes down the middle (be careful of the steam!). Use a fork to gently fluff up the insides, creating a "well" for the filling. Spoon a generous portion of the seasoned beef into each potato.
4. **The Finishing Touches:** Top the beef with a big dollop of cottage cheese and lay your avocado slices over the top. Now for the best part: drizzle that hot honey over everything and finish with a crack of black pepper.
5. **Prep the Side:** If you're making the Cucumber Crunch, simply toss your sliced cucumbers with olive oil, vinegar, salt, and sesame seeds. It provides a cool, refreshing contrast to the spicy beef.
6. **Tips for Success: Uniformity:** Try to pick potatoes that are roughly the same size so they finish cooking at the same time.
7. **Don't : Overcook the Beef:** Lean beef can dry out quickly. Remove it from the heat as soon as it's fully

browned.

8. **Air : Fryer Shortcut:** If you're in a rush, you can "bake" the sweet potatoes in an air fryer at 400°F for about 35-40 minutes.
9. **Serving Suggestions and Pairings:** This meal is quite hearty on its own, but it pairs beautifully with a light, acidic drink to cut through the richness of the beef and avocado. I highly recommend serving this with This Blueberry Lemonade for a refreshing finish.
10. If you are looking for other low-carb meal ideas to fill out your week, consider This 3-Ingredient Egg Wrap for a quick lunch the next day.
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16. **Storage and Leftover Tips:** These boats are best enjoyed fresh, but you can certainly meal prep them! Store the cooked beef and roasted sweet potatoes in separate airtight containers for up to 4 days. When you're ready to eat, reheat the potato and beef together in the microwave or oven, then add your fresh toppings (cottage cheese, avocado, and honey) last.
17. **Final Thoughts:** I hope these Hot Honey Beef & Sweet Potato Boats become a staple in your kitchen like they have in mine. They prove that healthy eating doesn't have to be boring or bland.
18. Did you try this recipe? I'd love to hear your thoughts! Drop a comment below or tag us on social media with your creations. Don't forget to follow Chefmaniac for more easy, delicious recipes that make cooking the best part of your day!

SWAPS & NOTES

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TIPS FOR SUCCESS

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