



# Hot Honey, Beef, Cottage Cheese & Sweet Potato Bowl

EASY • 20 MINS

This one's for the flavour fiends! Sweet, spicy, creamy, and easy to whip up in a flash. Roasted sweet potato, beef, and protein-packed cottage cheese all brought together with a generous drizzle of Capilano Hot Chilli Honey. Trust us, you'll want to add this easy viral recipe to your weeknight rotation.



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**COOKING TIME**  
10 mins

**SERVINGS**  
2

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

- 400g Beef mince
- 1 packet of taco seasoning (to taste)
- ¼ cup cottage cheese
- 2 small sweet potatoes
- 1 avocado, sliced
- Generous drizzle of **Capilano Hot Chilli Honey**

## Method

1. Heat a pan over medium heat and brown the beef, breaking it up as it cooks. Stir through the taco seasoning, set aside.
2. Air fry sweet potatoes at 200°C for 13 minutes (or roast at 200°C for 25–30 minutes) until soft. Let cool slightly.
3. Assemble your bowl with sweet potato as the base. Add a generous scoop of beef mince, then top with cottage cheese and avo.
4. Drizzle with Capilano Hot Chilli Honey for a swicy kick!

Used in this recipe



### Capilano Hot Chilli Honey

Available at



Honey with a Kick!

Capilano Hot Chilli Honey is crafted by our master honey blender, who expertly infuses premium Australian floral honey with firey flecks of habanero chilli to create a delicious, sweet heat.

Elevate Your Savoury Dishes

Seek out the taste of adventure of sweet and spicy with this hot honey on your pizza, wings, tacos, stir fries and Asian-inspired dishes. It's a convenient, fresh new way to add loads of flavour to any savoury dish.

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