



UCOOK

Sensational Sweet Potato Tacos

with a spicy paprika sauce & roasted cauliflower

Soft flour tortillas encase an incredible mixture of delicious elements! Roasted sweet potato chunks and cauliflower florets, a kidney bean salsa, a homemade silky red pepper sauce, fresh coriander and a sprinkle of sunflower seeds for crunch!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Vegetarian

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
5ml	Smoked Paprika
1	Red Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
10g	Sunflower Seeds
60g	Red Kidney Beans <i>drained & rinsed</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
1	Lime <i>½ zested & cut into wedges</i>
20ml	Coconut Yoghurt
2	Wheat Flour Tortillas
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Blender

1. ROAST LOVE Preheat the oven to 200°C. Spread out the sweet potato chunks and the cauliflower pieces on a roasting tray, coat in oil, the paprika, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway. Place the pepper pieces on a separate roasting tray, coat in oil, and seasoning. Set aside.

2. RAISE A TOAST Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

3. ZESTY SALSA When the veg has 15 minutes remaining, pop the tray of peppers in the oven and roast for the remaining time until starting to blister. In a bowl, combine the drained kidney beans, ½ the chopped coriander, the lime zest, and seasoning.

4. RAVISHING RED SAUCE Once the peppers are done, place in a blender. Add the yoghurt, the juice of 1 lime wedge, ¼ of the roasted sweet potato, and seasoning. Pulse until smooth and creamy, adding more water or sweet potato if necessary.

5. SOFT TORTILLAS Return the pan, wiped down if necessary, to a medium heat. When hot, dry toast the tortillas one at a time for 1-2 minutes per side until heated and slightly charred.

6. LET'S TACO ABOUT IT! Let's assemble! Lay down the toasted tortillas. Smear with some of the red pepper sauce and top with the green leaves, the roasted veggies, and the zesty kidney beans. Drizzle over the remaining red sauce. Sprinkle over the toasted sunflower seeds and the remaining coriander. Serve with any remaining lime wedges. Fold over and enjoy this tasty taco!

Nutritional Information

Per 100g

Energy	416kJ
Energy	99Kcal
Protein	3g
Carbs	16g
of which sugars	3.7g
Fibre	3.1g
Fat	2.1g
of which saturated	0.6g
Sodium	118mg

Allergens

Gluten, Wheat, Sulphites

Cook
within 3
Days