

Sweet Potato and Black Bean Tacos

Serves: 4

Prep time: 20 minutes

Cook time: 25 minutes



2 serves per portion

Ingredients

1 tablespoon extra virgin olive oil

1 red onion, cut into wedges

600g sweet potato, peeled and cut into cubes

3 teaspoons chipotle seasoning

1 large avocado, thinly sliced

2 baby gem lettuce, leaves separated, washed and dried

400g can black beans, rinsed and drained well

8 small flour tortillas

2 tablespoons pepitas

Lime wedges, to serve

Yoghurt Sauce:

2 tbsp fresh coriander, leaves only, finely chopped, plus extra leaves to garnish

1/2 cup natural yoghurt

1 tbsp fresh lime juice

Freshly ground black pepper

Method

PREHEAT oven to 200°C and line a baking tray with baking paper.

COMBINE olive oil, red onion, sweet potato, and chipotle seasoning in a bowl. Toss to coat.

TRANSFER vegetables onto prepared baking tray in a single layer and bake for 15-20 minutes, until golden.

MEANWHILE, combine all the yoghurt sauce ingredients in a small bowl, season and set aside.

HEAT a frying pan over medium heat, cook the 8 tortillas in batches for 1 – 2 minutes each side until lightly charred. Keep warm wrapped in a clean tea towel, until ready to serve.

COMBINE the sweet potato and onion mixture with the beans in a bowl and mix well.

PLACE a few lettuce leaves on each tortilla. Top with the sweet potato mixture and avocado slices.

DRIZZLE with yoghurt sauce, top with pepitas and garnish with fresh coriander leaves.

SERVE with lime wedges.



Everyday Food

Recipe courtesy of the Country Kitchens team