



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: La Tortilla

La Tortilla use the same technique invented by the Aztecs and Mayans to make their corn tortillas! They are locally based here in WA and use West Australian corn to deliver the best tasting tortillas.



3 Spiced Sweet Potato Tacos

Spiced cubes of sweet potato and black beans wrapped in a corn tortilla with creamy avocado and salsa.

 35 minutes

 4 servings

 Plant-Based

7 December 2020

Spice it up!

You can add some fresh herbs to the tacos like coriander or mint if you have some! Add a squeeze of lime juice to the salad or squeezed over the top of the tacos at the end.

Per serve: **PROTEIN** 12g **TOTAL FAT** 11g **CARBOHYDRATES** 69g

FROM YOUR BOX

SWEET POTATOES	400g
BLACK BEANS	1 tin (400g)
THYME	1/2 packet *
SPRING ONIONS	1/4 bunch *
CONTIENTAL CUCUMBER	1
CHERRY TOMATOES	1 bag (200g)
BABY COS LETTUCE	1 *
AVOCADO	1
SALSA	1 jar
TORTILLAS	12 pack

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice mix (see notes), red wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

You can substitute the cajun spice mix with a mix of ground cumin and smoked paprika if preferred!

Use a sandwich press to quickly toast the tortillas. Press them for 5 seconds until they start steaming. Remove and keep warm in a clean tea towel.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Dice sweet potatoes. Toss on a lined oven tray with drained black beans, 1 tsp thyme leaves, **2 tsp cajun spice, oil, salt and pepper**. Roast in oven for 20–25 minutes until sweet potato is tender.



4. COOK THE TORTILLAS

Heat a frypan over medium-high heat. Cook tortillas for 10 seconds each side until softened (see notes). Keep warm in a clean tea towel until serving.



2. MAKE THE DICED SALAD

Slice spring onions, dice cucumber and quarter the tomatoes. Toss together with **2 tsp vinegar** and **2 tsp olive oil**.



3. PREPARE THE FILLINGS

Shred lettuce leaves and slice avocado. Set aside with salsa.



5. FINISH AND PLATE

Assemble the tacos at the table with even amounts of sweet potatoes and filling. Serve with diced salad on the side.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

