



8. Put the natural yogurt into a small serving bowl.

9. By now the sweet potatoes should be cooked too, place on another plate/ serving bowl.

10. The next stage is to put all of the serving bowls/ plates with all the ingredients to make the tacos on your table or kitchen counter (tacos, roast sweet potatoes, spring greens, tomato & red onion salsa, yoghurt). Let everyone be interactive by building their own tacos, especially lovely and encouraging for children.

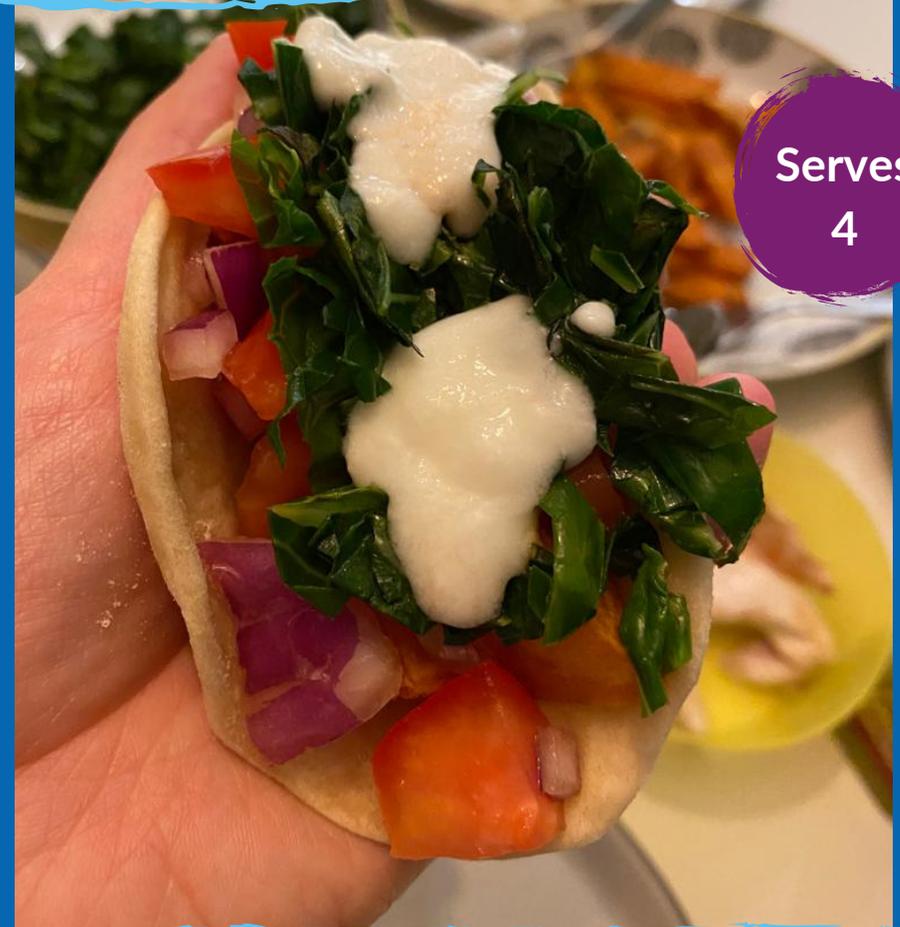


Tips

- ✓ This recipe takes time but you could choose to prepare things ahead of time. Make your sweet potato chips ahead and prepare your spring greens, so all you have left to do is cook them. You can prepare the tomato salsa ahead too, as it will keep well in the fridge for a couple of days.
- ✓ The taco wraps can be kept warm under a clean tea towel if desired.
- ✓ If you do not have a rolling pin, roll the tacos out using a sturdy roll of cling film.
- ✓ You can choose to make the tacos larger if desired, but 10 to 15cm works best for hand size tacos.
- ✓ Make this recipe vegan by choosing a plant based yoghurt instead.
- ✓ If you have any fresh herbs available, fresh coriander would make a great addition to the tomato salsa.
- ✓ If you like citrus flavours, you can additionally zest the lime before juicing, do that by using a zester or alternatively the fine side of a box grater.

Cooking at Home *with* City Catering

SWEET POTATO AND SPRING GREEN TACO, TOMATO AND RED ONION SALSA, YOGURT



Serves
4

Prep time: 30 minutes
Cooking time: 15 minutes

INGREDIENTS

500g Sweet potatoes
1 Tsp Cumin
1 Spring greens

Salsa

4 Tomatoes, diced
1 Red onion, finely diced
Juice of ½ lime

Taco wraps

250g Plain flour
150ml Water
1 Tbsp. oil
(An extra 5-6 tbsps. of oil for greasing)

To serve

150g yogurt
Salt & pepper to taste



METHOD

1. Set the oven to 200°C.
2. Start by making the tomato salsa: Dice the tomato and red onion place in a small serving bowl with the juice of half a lime, along with a pinch of salt. Give it a good mix and keep in the fridge for later.
3. Prepare your spring greens: Cut off the hard end and unpick the leaves, wash in a colander to remove any mud or grit. Cut out the hard middle piece from each leaf, and then cut the leaves into thin strips. Keep aside.
4. Make the taco dough: Simply combine all of the ingredients in a large mixing bowl (flour, water and oil), begin by mixing it with a fork and when it starts to come together keep on mixing with your hands until you have a smooth dough with no lumps. Now the dough needs to be kneaded to make it stretchier.



Add a little bit of flour to your work top and put the dough on it. Kneading is simply done by hand squishing and re shaping the dough against the work top into a round shape. Knead for around 5 – 6 minutes; the dough should now be slightly more stretchable than before. Set the dough aside to rest for 10 minutes.

5. While the dough is resting peel and cut the sweet potato into chip shapes. This is easiest to achieve if you cut down the sweet potato, to create finger thickness rounds. Then cut each rounds into finger thickness strips. Place the sweet potato chips into a bowl with 1 tbsp of oil, the cumin and a pinch of salt. Mix nicely to coat all of the sweet potato pieces. Then place the sweet potato chips on a large greased oven tray so they are flat and not overcrowded. Roast for 15-20 minutes or until the potato is soft and golden brown in colour. Note: the thicker you make the chips the longer they will take to cook.

6. To make the tacos: divide the dough into 12 even balls. Roll each of the balls out with a rolling pin into round discs (10-15 centimetres or slightly smaller than the size of a small plate). Place each disc onto a large greased oven tray, do not overcrowd the tray (depending on the size of your tray you can cook them in 2 or 3 batches). Brush the top of the rolled out discs with oil (use a pastry brush or otherwise your fingers). Bake the bread discs for 4-5 minutes in the oven, then place onto a plate and cover with a clean tea towel. Continue to bake them in batches until all have been cooked and placed under a clean tea towel to keep them warm.



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