



Cooking Made Easy

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Sweet Potato Wraps, Minted Tzatziki & Toasted Almonds

It wasn't so very long ago that Chef Patrick found himself wandering around the marketplaces of Beirut in search of culinary inspiration – and boy did he find some! The people of Lebanon have a sense of hospitality to rival the best of them and fortunately for Patrick their greatest expression of this is in their food. 15 mins in one market and his hands were chock full of food given to him by the locals. This little number just happened to be one of them, so he felt inspired to re-create it for you. Yalla!

30 min

veggie



Sweet Potato



Cucumber



Garlic Clove



Red Onion



Baby Gem Lettuce



Lemon



Carrot



Almonds



Ras-el-Hanout



Wholemeal Tortilla



Mint



Greek Yoghurt

Ingredients

	2P	4P
Sweet Potato, cubed	1½ cups	3 cups
Cucumber, cubed	½	1
Garlic Clove, diced	2	4
Red Onion, diced	½ cup	1 cup
Baby Gem Lettuce, shredded	1	2
Lemon	½	1
Carrot, shredded	⅓ cup	⅔ cup
Almonds, chopped 1	2 tbsp	4 tbsp
Ras-el-Hanout	½ tbsp	1 tbsp
Wholemeal Tortilla 2	4	8
Mint, chopped	2 tbsp	4 tbsp
Greek Yoghurt 3	½ cup	1 cup

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Nut | **2)** Gluten

3) Milk

Nutrition per serving: Calories: 635 kcal | Protein: 19 g | Carbs: 98 g | Fat: 17 g | Saturated Fat: 6 g



2 Pre-heat the oven to 220 degrees and scrub the sweet potatoes under water. Without peeling them, chop into 2cm cubes. Coat in 1 tbsp of olive oil and a sprinkle of salt and pepper. Cook on the top shelf for 20-25 mins until brown and crispy.



3 Cut the cucumber into four lengthwise, and then slice it into little cubes. Peel and finely dice the garlic and onion. Shred the baby gem lettuce and grate a pinch of lemon zest.



6 To shred your carrot cut deep slices into the carrot lengthways. **Tip:** Be careful not to slice all the way through. Once you have at least five lengthways slices along the carrot use a peeler to peel off shreds. **Tip:** See the picture for a bit of help!



7 To make the tzatziki, finely chop a few mint leaves. In a small bowl, mix the yoghurt, cucumber and mint. Add in the lemon zest and squeeze in just under 1 tsp of its juice. Season with a little salt and pepper.

4 Heat a frying pan on high heat without any oil. Roughly chop the almonds and put in the frying pan. Brown the almonds off and be careful they do not burn. Remove and keep to the side for later.

5 Heat 1 tbsp of oil in the same pan over medium-low heat. When hot, cook the garlic and onion with the Ras-el-Hanout until soft (4 mins).

6 Add in the roasted sweet potatoes and half the grated carrot. Gently toss everything together. Turn the heat off and leave the pan until you plate up. Turn your oven down to 100 degrees and warm the wraps in the oven for a few mins.

7 Top the wraps with the sweet potato mixture, lettuce, the rest of the grated carrot and tzatziki. Garnish with the almonds and some lemon wedges. **Tip:** You can also roll all the ingredients in the wrap and eat with your hands!

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Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!