



Sriracha Sweet Potato Tacos with Black Carrot Slaw and Black Beans

These sriracha sweet potato tacos are seriously delicious and fun to eat. You'll be eating the rainbow with this dish, meaning lots of nutrition! Black beans pack a protein punch. Flavanoids are plant compounds with health-boosting properties which give the beans their black and the carrots their purple colour.

Nutritional Info

Calories: 527 kcal
Carbohydrates: 105.6 g
Protein: 21.5g
Fat: 6 g

Ingredients

- Sweet Potato
- Sriracha
- Cumin
- Black Beans
- Black Carrot
- Garlic
- Natural Yoghurt
- Coriander
- Spring Onion
- Soft Taco Shells

Your Pantry

- Olive Oil

Allergens

Wheat (Tortilla)
Milk (Yoghurt)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200°C.

Line a baking tray or roasting tin with parchment paper or oil well.

2) Prepare the sweet potato cubes

These need to go into the oven asap as they will take the full 25-30 minutes.

No need to peel the sweet potato. Cut into very small cubes - about the size of a playing dice. Transfer the cubes to a bowl and mix with the sriracha so they are covered thoroughly, *then* pour-over ½-1 tbsp of oil and mix again until covered.

Transfer to a baking sheet and place them onto the middle shelf of the oven for 25 minutes. Shake them/flip them over after 15-20 minutes to ensure they cook evenly and don't stick to the tray. While the potatoes are cooking..

3) Make the black beans

Drain the liquid from the black beans and rinse in water. Now add them to a saucepan with garlic, cumin, and a tablespoon of water per person. Season with salt and pepper and simmer on a medium heat. Meanwhile..

4) Make the slaw

Peel and coarsely grate the black carrot and finely slice the spring onion. Put a tablespoon of the spring onion aside for garnishing later. Combine the remaining onion and the carrot in a bowl with the yoghurt and season with salt and pepper to taste.

5) Remove the potato cubes

After 25 minutes, remove the sweet potatoes from the oven. They should be cooked through and slightly browned on the outside. Transfer to a bowl. Transfer the black beans to a separate bowl.

Finely chop the coriander.

6) Assemble and serve!

Heat the taco wraps for 20 seconds in the microwave/oven.

Spoon on a layer of black beans followed by a layer of the black carrot slaw and top with the sweet potatoes. Finally, sprinkle the coriander and spring onions on top and dig in!



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | [#DropChef](#)