



Spiced Sweet Potato Wraps

Roasted carrots, sweet potatoes, cherry tomatoes and a few white potatoes, tossed into a mix of various spices, lime zest and juice, and finished with a scattering of fresh rocket leaves and fresh coriander, combine to make these delicious wraps.

A side-dip of yoghurt and mint, or just plain yoghurt adds a comforting bonus to this delicious and healthy meal.

Ingredients:

2 tbsp coconut oil	1 tsp chilli flakes
300g white potatoes	Zest and juice of 1 lime
600g sweet potatoes	400g cherry tomatoes, halved
300g carrots	4 handfuls fresh rocket
4 spring onions, sliced thinly	Salt and pepper to taste
2" piece of ginger, freshly grated	8 wraps (allowing for 2 each)
2 tsp smoked paprika	250g natural yoghurt
½ tsp mustard seeds	6 sprigs fresh mint (or 2 tsp mint jelly or mint sauce)
2 tsp turmeric	

Method:

Preheat the oven to 180°C/350°F/ Gas 4.

Melt the coconut oil in a large baking tray, add the spices and root vegetables and combine well. Bake for approximately 45 minutes then add the cherry tomatoes. Bake for a further 15 to 20 minutes.

Remove the pan from the oven and roughly mash the root vegetables. You want to leave them fairly chunky, just a bit squashed out of shape. Drizzle the lime juice and zest over the mashed veg, add the rocket leaves and spring onions and fold together.

Place a thick line of the spiced, roasted vegetables along one side of each wrap, fold over the ends and roll up into a large cigar shape.

In a separate bowl mix together the yoghurt and mint leaves (or jelly / sauce) and serve alongside the wrap, either inside with the vegetables, or outside it as a dip - or both!