

OPEN MEXICAN SWEET POTATO & AVOCADO FAJITAS

Prep: 20 minutes

Cook: 20 minutes

Serves 4

500g sweet potatoes, diced
 1 red pepper, diced
 1 onion, cut into chunks
 1 tsp **LoSalt**
 1 tsp mild chilli powder
 1 tsp dried oregano
 ½ tsp smoked paprika
 1 clove garlic, chopped
 1 tbsp olive oil
 28g pack fresh coriander, chopped
 3 tomatoes, chopped
 4 spring onions, sliced
 4 wholemeal flour tortillas
 1 ripe avocado, mashed
 4 heaped tsp reduced fat soured cream



Preheat the oven to 200°C, gas mark 6.

Place the vegetables in a roasting tin. Mix together the **LoSalt**, chilli powder, oregano, paprika and garlic and toss into the vegetables with the oil. Roast for 20 minutes until tender, stir in half the coriander.

Mix together the tomatoes, spring onions and remaining coriander.

Heat the tortillas according to pack instructions and spread with the avocado, top with the roasted vegetables and then tomato salsa and serve with a spoonful of soured cream.

Nutrient	Per 100g	Per Serving	%RI	Traffic Lights
Energy (kcal)	101	354	18	N/A
Protein (g)	2.2	7.7	15	N/A
Fat (g)	3.2	11.1	16	Med
Sat Fat (g)	0.9	3	15	Low
Carbs (g)	14.4	50.8	20	N/A
Sugar (g)	4.1	14.4	16	Low
Fibre (g)	2.9	10	30	N/A
Salt (g)	0.3	1.1	18	Low

