



Mexican-style vegetables with sweet potato wedges & avocado dip

Mexican-style vegetables and sweet potatoes recipe

- 1 red pepper
- 1 yellow pepper
- 1 orange pepper
- 2 medium courgettes
- 2 red onions, chopped
- 1 tsp chilli powder
- 1 tsp smoked paprika powder
- 6 tbsp olive oil
- 2 handfuls fresh coriander, chopped
- 3 medium sweet potatoes, peeled and cut into wedge shapes
- 2 garlic cloves, finely chopped
- Salt and pepper to season

Serves 2

Preheat the oven to fan 180°C/Gas mark 6. Place the sweet potato wedges in a baking dish, season with salt and pepper, cover with foil and bake for 30-40 minutes until soft. Meanwhile cut the peppers into strips and the courgettes into long chunks. Heat 2 tbsp olive oil in a pan and cook the onions until translucent. Add the chilli and smoked paprika and cook for a further minute before adding the chopped peppers and courgettes. Lightly fry for another 2 minutes, then add a few tbsp water, turn down the heat and cover with a lid. Keep stirring the mixture until



Mexican-style vegetables and sweet potatoes recipe cont.

the vegetables are well cooked, remove the lid to let any remaining liquid evaporate. Add salt and pepper to season. Remove the foil from the potatoes and coat with the remaining olive oil, stir through the chopped garlic and put the potatoes back in the oven for a further 8-10 minutes until they are starting to brown. Serve the Mexican-style vegetables with the sweet potatoes and avocado dip.

Avocado dip recipe

1 avocado, peeled and stone removed
The juice of half a lime
2 tomatoes, chopped
1 pinch chilli flakes, to taste
Salt to season

Place half of the avocado into a food processor with the lime juice and blend until smooth. Transfer to a bowl. Chop the rest of the avocado into small cubes and mix 1 egg yolk

1 tsp Dijon mustard
juice and rind of half a lemon
4 ripe plum tomatoes
150 ml olive, avocado, hemp seed or other cold pressed oil
Salt and pepper
2 small little gems or 1 Cos lettuce, washed and shredded
Small bunch of watercress, washed and picked
Sprouted alfalfa or broccoli seeds
1 cooked cold chicken breast or 2 thighs, sliced

Serves 2

Place the egg yolk, mustard, lemon juice and rind, and seasoning in a blender and switch on. Drizzle in the oil in a slow, steady stream. Some blenders have a lid with a small hole to make this easier. You will know when the mayonnaise has the right amount of oil when it thickens. Layer the salad ingredients on two plates and top with the mayonnaise.

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