

OVERALL time: 75 mins

Spicy Sweet Potato Flatbreads

Bold, vibrant, and wholesome — these spicy sweet potato flatbreads combine roasted sweetness with a kick of heat, fresh toppings, and a soft base for a deliciously satisfying vegetarian meal.

Metric

Number of servings : 8

ingredients

For the Sweet potatoes

- 1 Kg Orange flesh sweet potatoes, skin on
- 30 ml **Cape Herb and Spice Caribbean Jerk**

For the Glaze

- 60 ml Maple syrup or honey
- 30 ml Red wine vinegar
- 30 ml Soy Sauce
- 30 ml Butter

For the flatbreads

- 500 g Double cream plain yoghurt
- 300 g Self raising flour
- 30 ml **Cape Herb and Spice Greek Style Lemon & Herb Rub**

For the Yoghurt & Goats Cheese spread

- 100 g Chevin style soft goats milk cheese
- 200 g Double cream plain yoghurt

To serve

- 30 ml Chives, finely chopped
- 30 ml Toasted sesame seeds
- Spring onions, sliced

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 45 mins

For the sweet potatoes:

Preheat the air fryer to 200°C.

Wash and dry well.

Chop into small, even little cubes.

Place in a bowl and drizzle with olive oil and season generously with Cape Herb & Spice Caribbean Jerk Seasoning. Toss to coat.

Transfer to the air fryer, cooking in two batches so they do not sweat, and cook for ± 10 minutes until tender.

Glaze:

While the sweet potatoes are cooking, place all the glaze ingredients in a large saucepan.

Bring to a simmer and cook until slightly thickened.

When all the sweet potatoes are cooked, transfer them to the glaze and toss to coat. Sprinkle with fresh chives just before assembly.

For the flatbread:

Combine yoghurt, self-raising flour and Cape Herb & Spice Greek Style Lemon & Herb Rub in a bowl and mix well until a dough forms.

Divide the dough into 8 even balls.

On a lightly floured surface, gently press and stretch the dough into flatbreads.

Place a little olive oil in a baking tray and pop down the flatbreads and brush them with olive oil on both sides.

Preheat the air fryer to 200°C.

Gently place a few flatbreads into the air fryer basket.

Air fry for about 10 minutes, rotating half way through until deeply golden.

For the yoghurt & chevin spread:

Take the chevin out of the fridge a little before serving to soften at room temperature.

Whisk together the goat's cheese and yoghurt until smooth.

To assemble:

Swish a little yoghurt spread onto each flatbread.

Top with the glazed sweet potatoes.

Finish with a sprinkle of sesame seeds and spring onions. Enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

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