

Tarin's Sweet Potato Dip

Serves: 2

Prep Time: 15 min

Cooking Time: ~1 hr 20 mins



Equipment

Citrus juicer

~ 1 medium and 3 very small bowls

Zester

Knife

Chopping board

Blender

Baking dish

Measuring spoons

Food scraper

Foil

Pastry brush



Ingredients

Ingredients for dip

1 sweet pot 150-200 gms (baked in foil)

1 lime: juice and zest

1 teaspoon cumin

Pinch of sea salt

Pinch of cracked pepper

1 tbs Tahini

Coriander leaves to garnish



Ingredients for pita bread

Wholemeal pita bread or multigrain wrap

Olive oil

Paprika



Method

1. Turn on oven 200 deg C
2. Place a couple of fork pricks into sweet potato
3. Wrap sweet potato in foil x 2
4. Roast in oven till soft 45 mins – 1hour depending on oven



5. Put all the dip ingredients in a blender or food processor, sweet potato, lime zest, lime juice and tahini, (except coriander this is for garnish) , optional: pinch salt, and blend till smooth.

Can use a potato masher if you would like a chunkier texture.



6. Add around 2 tbs water to get right consistency



7. Place dip into serving dish and garnish with fresh coriander



8. Cut pita bread into triangles
9. Brush with olive oil and ground paprika over triangles



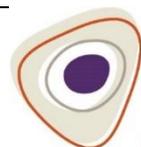
10. Bake in oven@ 180 deg C for ~ 5 - 7 mins
*Watch carefully as they can brown very quickly

11. Serve with the dip
ENJOY



Sweet Potato Dip- Serves 2: Nutrition Information (Per Serve)

Energy (kJ):	682	Total fat:	6.5 g
Carbohydrate:	18.3 g	Saturated fat:	0.8 g
Dietary fibre:	6 g	Sugar:	7.3 g
Protein:	4.5 g		
Sodium:	98 mg		



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