

**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://www.capeherb.co.za>

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