



Sweet Potato, California prune and Lentil Burrito

Categories: Prune It, Healthy, Vegetarian, Nut free, Main dishes



Preparation time: 01:00' - **Servings:** 10

Ingredients

4	sweet potatoes, peeled & diced into 1cm cubes
1	medium onion, chopped
1 tsp	salt
tbsp	garlic oil
2	cloves garlic
2 tsp	ground cumin
1 tsp	dried mint
2 x 400g tins	chopped tomatoes
1 pint	vegetable stock
2 tbsp	chopped flat parsley
1 tbsp	chopped coriander
100g	chopped California prunes
25g	dark chocolate
1 tin	cooked lentils
8	10" tortilla wraps
150g	grated mozzarella cheese

Instructions

1. Pre heat a large pan and place the oil, chopped onions and salt in to cook gently. Cook the onions for 10

minutes then add the garlic, cumin and dried mint.

2. Add the chopped sweet potatoes, tinned tomatoes, California prunes and vegetable stock.
3. Simmer the stew for 30 minutes until the potato is tender. Add the washed lentils and chopped herbs. Finally add in the dark chocolate and stir until it dissolves. Give the stew a final taste and leave to cool for 20 minutes.
4. Divide the stew between the 8 tortilla wraps. Top with grated cheese and roll up.
5. Place the burritos into a baking tray and cook in the oven for 20 minutes at 180°C.