

Summer Vegetable Tacos

Low GI • High Fibre • High Protein

Prep 10 min

Cook 20–25 min

Serves 6–8

INGREDIENTS

500g Potatoes, diced small (1cm)
2 Onions, sliced
3 cloves Garlic, crushed
2 Courgettes, sliced
1 Aubergine, diced
200g French/runner beans, sliced
2 handfuls Chard or kale, shredded
To serve Tomatoes, lettuce, cucumber, herbs
2 tsp Smoked paprika
1 tsp Cumin
1 tsp Oregano
2–3 tbsp Oil
Optional Chilli flakes, lime, yoghurt, feta
12–16 Wholemeal or corn tortillas

INSTRUCTIONS

Heat your pan

Place a large cast-iron or heavy frying pan on stove. Add 1 tbsp oil and let it get properly hot.

Start the potatoes

Add diced potatoes, onions, and garlic. Cook 8–10 minutes, stirring occasionally, until the potatoes begin to brown.

Add the summer veg

Tip in courgettes, aubergine, and beans. Add remaining oil and all spices. Cook 10 minutes, letting the veg char slightly for flavour.

Wilt the greens

Add chard or kale and cook 2–3 minutes until just wilted.

Warm the tortillas

Place tortillas briefly over the grill or in a dry pan until soft and warm.

Assemble

Fill tortillas with the roasted-style veg. Top with tomatoes, lettuce, cucumber, herbs, and optional yoghurt, feta, or lime.



From Hayle WellFed pilot – a partnership between Bodriggy Surgery, Sustainable Hayle / Good Shepherd Solutions (facilitating cookery sessions; community allotments) and Kehelland Trust (veg supply and farm visits). With thanks to Hayle Family Hub for their support.