

Roasted vegetable fajitas with feta & fresh tomato salsa

Description

When I first tried these vegetable fajitas, I was blown away. Seriously, the combination of these flavours just works! Theyâ€™re based on a Marley Spoon dish from more then ten years ago, and I still make them. Sometimes they just stick.

The sweet potato and red onion get lovely and soft in the oven, the courgette picks up all those spices, and then the feta and fresh salsa bring everything together.

Just one little downsideâ€¦ making salsa yourself isnâ€™t exactly fast, so Iâ€™m not quite living up to my own promise on this one. Donâ€™t feel like making salsa from scratch? I get it. You can always use a salsa from a jar, but yeah, choose a good one :-). It is a matter of taste though. I quite like this Santa Maria Chunky Wrap Salsa. Just letting you know, nothing beats a fresh salsa, try it out, I highly recommend.

And donâ€™t get too hung up on the specific seasoning. Just go for Mexican vibes. If you only have paprika powder, that works too. Just enjoy these yammie vegetable fajitas!

BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

7.5 / 10

BLF Flavour

8.5 / 10

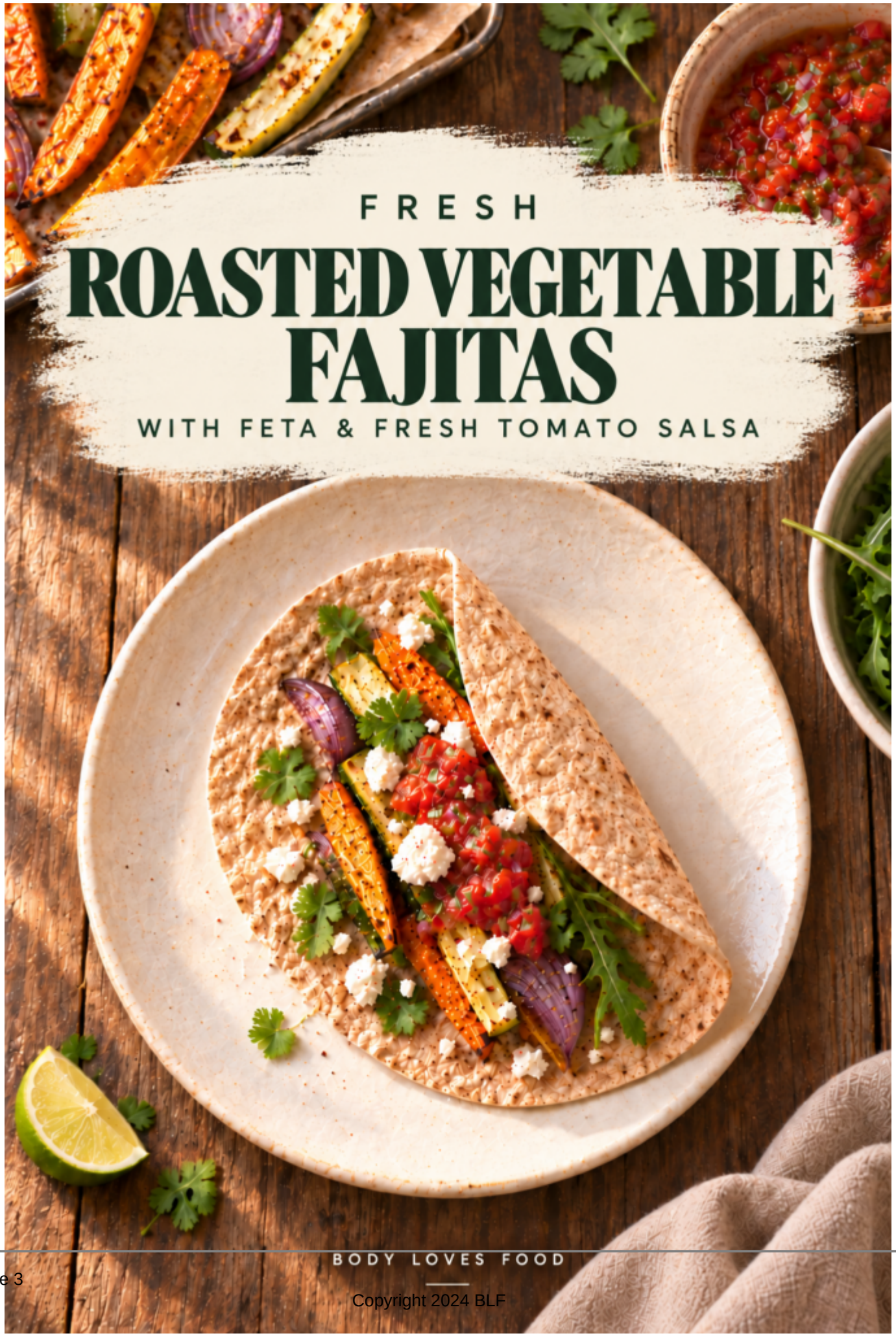
BLF Easy

7.5 / 10

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MAKE IT MORE BALANCED
Add a drained can of black beans to the roasted vegetables or tuck them into the wraps with the feta. **(+1)**
Serve with a spoonful of thick Greek yogurt or skyr **(+0.5)**
Char the wraps briefly in a dry pan or over a flame before filling them. **(Flavour boost)**

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Nourishment

Fiber: high
Veggie level: high
Keeps you full: mostly
Energy: steady
Mood: smoky, fresh & a little spicy

Details

Servings
2 servings

Prep time
10 minutes

Cooking time
25 minutes

Protein
~15-18 gr

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Ingredients for 4 small vegetable fajitas

- 4 small wholewheat wraps
- 1 medium sweet potato (orange & about 300 g), cut into strips
- 1 medium courgette, cut into strips
- 1 large red onion, cut into wedges
- 100 g feta, crumbled
- 50 g rocket

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- 2 tbsp olive oil
- Garlic
- Salt & pepper
- 1 tsp vinegar
- 1 tsp smoked paprika powder
- Â½ tsp chilli powder
- Â¼ tsp cayenne pepper, or to taste
- Â½ tsp garlic powder
- 1 tsp vinegar
- Small handful of fresh coriander
- Salt & pepper
- **Salsa**
- 200 g cherry tomatoes
- Â¼ red onion
- 1 small garlic clove
- Small handful of fresh coriander
- Juice of Â½ lime
- 1 tbsp olive oil

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- Salt & pepper

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Directions

- Heat the oven to 220Â°C (200Â°C fan). Cut the sweet potato and courgette into strips and the red onion into wedges.
- Put all three vegetables on a large baking tray. Add the olive oil, vinegar, smoked paprika, chili powder, cayenne, garlic powder, salt and pepper. Toss everything together and spread it out in one layer.
- Roast for about 20â€“25 minutes, turning once, until the sweet potato is tender and the edges are nicely browned.
- Meanwhile, make the salsa. Pulse the cherry tomatoes, red onion, garlic and coriander in a blender or food processor until combined but still lightly textured. Stir in the lime juice and olive oil, then season with salt and pepper. Donâ€™t blend it completely smooth.
- Warm the wraps briefly in a dry frying pan so theyâ€™re soft enough to fold.
- Divide the rocket and roasted vegetables between the wraps. Add uneven crumbles of feta, a spoonful of fresh salsa and some coriander. Serve the remaining salsa on the side.

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