



CALIFORNIA PRUNE VEGGIE TACOS

by Peter Sidwell

A Veganuary inspired recipe - these amazing California Prune Mexican Style Tacos are an epic dinner option for you and the family!

Prep Time: 20 minutes
Cook Time: 30 minutes
Serves: 4-6

Ingredients:

- 2 tbsp Olive oil
- 2 Red onion finely chopped
- 2 Aubergine cut into match sticks
- 1 tbsp Smoked paprika
- 1 tsp Cayenne pepper
- 1 tbsp Cumin
- 1 tsp Dried thyme
- 2 Grated sweet potato
- 100g California Prunes chopped
- 300ml Beer (*or vegan substitute*)
- 400g Tinned tomatoes
- 20g Dark chocolate (*or plant-based substitute*)
- 12 Taco shells
- 2 Lime
- 1 Handful Coriander
- 4 tbsp Sour cream (*or plant-based yoghurt*) to finish



Here's How:

1. Pre heat a large nonstick pan, before adding the oil.
2. Add the chopped red onions, followed by the aubergines.
3. Sprinkle in the spices and thyme, then cook for 10 minutes.
4. Scatter the whole California Prunes into the pan, followed by the grated sweet potato.
5. Pour in the beer (or substitute) and tinned tomatoes.
6. Add the dark chocolate (or substitute) and stir together.
7. Simmer for 20 minutes until reduced.
8. Season with salt and pepper.
9. Serve in taco shells with fresh coriander and wedges of lime.

Link to Website: <https://www.californiaprunes.net/recipes/prune-veggie-tacos/>