

Sweet Potato Tarte Flambée

Ingredients for 4-6 portions:

2 pieces of thin, rolled-out bread dough (refrigerated, approx. 240 g each)
200 g fresh cheese with herbs
2 red onions
100 g Serrano or Parma ham, in slices
600 g US sweet potatoes
2-3 tablespoons vegetable oil
40 g pine nuts
80 g rocket salad
4-5 tsp Canadian maple syrup



Directions:

1. Roll out the bread dough on 2 baking trays lined with baking paper. Spread the dough with the cream cheese. Peel onions and cut into fine rings. Cut the ham into pieces. Peel and wash the sweet potatoes and cut them into 2 mm thin slices.
2. Preheat the oven to 240°C top/bottom heat. Put sweet potatoes on the dough and spoon the oil onto it. Spread onions and ham on top and bake in the oven for approx. 12-16 minutes.
3. Coarsely chop the pine nuts and roast them in a small coated pan until golden brown. Wash the rocket, spin dry, clean and pluck into bite-sized pieces.
4. Garnish with rocket salad and pine nuts, sprinkle with maple syrup and serve.

Preparation time: ca. 30 Minuten

Baking time: ca. 12-16 Minuten

Nutrition facts:

Energy: 570 kcal/ 2390 kJ

Carbohydrates: 63 g

Protein: 15 g

Fat: 29 g

American Sweet Potato Marketing Institute

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