



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Sweet Potatoes


The world's biggest sweet potato was grown in Spain in 2004 and weighed a whopping 37 kg! Now THAT'S a spud.



## 3 Beef Sausage Coil with Sweet Potato and Whipped Feta

Simple, yet satisfying! Enjoy this easy comfort meal with beef sausage, tender sweet potato, whipped feta sauce and fresh veggies.

 25 minutes

 2 servings

 Beef

10 August 2020

## *Skip the sauce*

*Not feeling like whipped feta sauce, or in a hurry? Simply crumble feta over the meal to serve instead. You can add your favourite chutney or sauce to serve, too.*

## FROM YOUR BOX

SWEET POTATOES	400g
BEEF SAUSAGE COIL	1 packet
DANISH FETA	1/2 block (100g) *
SPRING ONIONS	1/4 bunch *
CHERRY TOMATOES	1/2 bag (100g) *
LEBANESE CUCUMBER	1
MESCLUN LEAVES	1/2 bag (100g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive + oil/butter (for cooking), salt and pepper, red wine vinegar, sugar (of choice)

## KEY UTENSILS

oven tray, frypan, stick mixer

## NOTES

You can cook the sausage in the oven or on the BBQ if preferred.

Instead of adding remaining spring onions to the salad, you can fry them for a few minutes with the sausage.

**No beef option – beef sausage coil is replaced with chicken sausages.**



### 1. ROAST THE POTATOES

Set oven to 220°C.

Wedge sweet potatoes and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20 minutes or until golden and tender.



### 2. COOK THE SAUSAGE

Heat a frypan over medium heat. Rub sausage with **oil** and cook for 4–6 minutes on each side or until cooked through (see notes).



### 3. MAKE THE WHIPPED FETA

Using a stick mixer, blend crumbled feta, 1 roughly chopped spring onion, 1 **tsp vinegar**, 1/2 **tsp sugar** and 2 **tbsp water** into a smooth sauce.



### 4. PREPARE THE SALAD

Halve cherry tomatoes, roughly chop cucumber and slice remaining spring onions (see notes). Toss with the mesclun leaves in a serving bowl.



### 5. FINISH AND PLATE

Serve sausage with sweet potato wedges, salad and whipped feta.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

