



**Product Spotlight:  
Natural Yoghurt**

Natural yoghurt contains good bacteria, known as “Probiotics”, which can aid digestion and support a healthy digestive tract!



**Beef Sausage Coil  
with Sweet Potato Wedges**

A share plate for the whole family to enjoy! Grass-fed beef sausage coil, roasted in the oven with sweet potato wedges and served alongside a fresh chopped salad and mint yoghurt sauce.

*Change the flavour!*

*You can leave out the spices used in this dish if preferred. Try stirring some dried herbs through the yoghurt instead of the mint for a different flavour.*



30 minutes



2 servings



Beef

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 40g     | 47g       | 71g           |

## FROM YOUR BOX

|                   |                |
|-------------------|----------------|
| SWEET POTATOES    | 400g           |
| BEEF SAUSAGE COIL | 300g           |
| LEBANESE CUCUMBER | 1              |
| TOMATO            | 1              |
| SHALLOT           | 1              |
| MINT              | 1 packet (60g) |
| NATURAL YOGHURT   | 1 tub          |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin, red wine vinegar

## KEY UTENSILS

2 oven trays

## NOTES

You can also cook the sausage coil in a frypan, griddle pan or on the BBQ. Leave out the cumin if preferred.

You can add 1/2 a crushed garlic clove to the yoghurt.



### 1. ROAST THE WEDGES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **1 tsp smoked paprika, oil, salt and pepper**. Roast in oven for 25-30 minutes until golden and cooked through.



### 4. PREPARE MINT YOGHURT

Thinly slice mint leaves. Stir 1/2 mint through yoghurt with **1 tbsp olive oil** (see notes). Season with **salt and pepper**.

Toss remaining sliced mint through salad.



### 2. ROAST THE SAUSAGE COIL

Coat sausage coil with **1 tsp cumin, oil salt and pepper**. Roast on a lined oven tray for 20-25 minutes or until cooked through (see notes).



### 3. PREPARE THE SALAD

Dice cucumber and tomato, and thinly slice shallot. Toss together with **1/2 tbsp vinegar** and **1/2 tbsp olive oil**. Set aside.



### 5. FINISH AND SERVE

Serve sausage coil with wedges, salad and mint yoghurt.



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