



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.

 30 minutes

 4 servings

 Beef

1 September 2023

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	37g	73g

FROM YOUR BOX

SWEET POTATOES	1kg
BEEF SAUSAGE COIL	600g
LEBANESE CUCUMBERS	2
TOMATOES	2
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 **2 tsp smoked paprika, oil, salt and pepper**. Roast in oven for 25–30 minutes until golden and cooked through.



2. ROAST THE SAUSAGE COIL

Coat sausage coil with **2 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 cucumbers and tomatoes, and thinly slice shallot. Toss together with **1 tbsp vinegar and 1 tbsp olive oil**. Set aside.



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.



5. FINISH AND SERVE

Serve sausage coil with wedges, salad and mint yoghurt.



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