



### Product Spotlight: Sweet Potatoes

Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



## BBQ Rissoles with Sweet Potato Wedges

Quick & easy! Pre-made beef rissoles cooked in a barbecue tomato sauce and served with sweet potato wedges and crunchy salad.



35 minutes



2 servings



Beef

## Make koftas!

*Form rissoles onto skewers instead if you prefer and cook on the barbecue. Serve with BBQ sauce and sweet potatoes.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	34g	146g

## FROM YOUR BOX

SWEET POTATOES	400g
BEEF RISSOLES	300g
CHOPPED TOMATOES	400g
BBQ SAUCE	1 bottle
BABY COS LETTUCE	1
TOMATO	1
YELLOW CAPSICUM	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), honey

## KEY UTENSILS

oven tray, frypan

## NOTES

Roast tomato and capsicum with the sweet potatoes if you prefer it warm.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into wedges (or halves). Toss with **oil, salt and pepper** on a lined oven tray. Bake for 25 minutes or until golden and tender.



### 4. MAKE THE DRESSING

In the meantime, whisk to combine **1 tbsp olive oil, 1 tbsp vinegar** and **1/4 tsp honey** in a bowl.



### 2. BROWN THE RISSOLES

Heat a frypan with **oil** over medium-high heat. Reshape **rissoles** (if needed) and add to pan. Cook for 1-2 minutes on each side or until browned. Flatten to your liking with a spatula.



### 5. PREPARE THE SALAD

Roughly chop **lettuce, tomato** and **capsicum**. Toss together in a serving bowl.



### 3. ADD THE SAUCE & SIMMER

Pour in **chopped tomatoes** and 1/2 cup **barbecue sauce**. Simmer over medium-low heat for 8-10 minutes or until rissoles are cooked through and sauce has reduced.



### 6. FINISH AND SERVE

Serve barbecue rissoles and sauce with sweet potato wedges and salad. Drizzle with dressing to taste.



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