



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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