



### 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! Beef sausage coil, roasted in the oven with sweet potato wedges and served alongside a fresh chopped salad and mint yoghurt sauce.



30 minutes



2 servings



Beef

## 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
	43g	31g	64g

## FROM YOUR BOX

SWEET POTATOES	600g
BEEF SAUSAGE COIL	300g
LEBANESE CUCUMBER	1
TOMATO	1
SHALLOT	1
MINT	1 packet
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.



### 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.



### 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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