

**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
	26g	40g	50g

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.



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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**.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

