

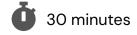




## **Beef Sausage Coil**

### 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.





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.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

6g 40g

50g

#### **FROM YOUR BOX**

SWEET POTATOES	600g
BEEF SAUSAGE COIL	300g
LEBANESE CUCUMBER	1
ТОМАТО	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 <u>1/2 mint</u> 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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