




### Product Spotlight: Potatoes


Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



## Cevapi with Capsicum Dip and Roasted Potatoes

Homemade cevapi served with oregano roasted potato, fresh cherry tomato salsa and a mild blended capsicum dip.

 35 minutes

 2 servings

 Beef

## What is it?

*Cevapi is a grilled skinless sausage, found traditionally in south-eastern European countries.*

Per serve: **PROTEIN** 42g **TOTAL FAT** 28g **CARBOHYDRATES** 54g

## FROM YOUR BOX

MEDIUM POTATOES	3
ROASTED PEPPERS	1 jar
BEEF KOFTA	300g
SHALLOT	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, vinegar of choice

## KEY UTENSILS

oven tray, griddle pan (or frypan), stick mixer (or small blender)

## NOTES

If you like heat, add 1 tsp of chilli flakes to the dip!

Cook koftas on the BBQ if desired.



### 1. ROAST THE POTATOES

Set oven to 220°C

Thinly slice **potatoes**. Arrange on a lined oven tray. Toss with **oil, 1-2 tsp oregano, salt and pepper**. Roast for 25 minutes until golden and crispy.



### 4. MAKE THE SALSA

Dice **shallot** and **cucumber**. Quarter **cherry tomatoes**. Toss in a bowl along with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



### 2. MAKE THE CAPSICUM DIP

Using a stick mixer, blend **roasted peppers** (including liquid from jar), **2 tsp vinegar, salt and pepper** to a smooth consistency (see notes).



### 5. FINISH AND SERVE

Divide **potatoes, koftas** and **salsa** among plates. Serve with **capsicum dip**.



### 3. COOK THE KOFTAS

Re-shape **koftas** if needed and rub with **oil** and **1 tsp smoked paprika**. Heat griddle pan or frypan (see notes) over medium-high heat. Add **koftas** and cook, turning, for 10-12 minutes or until cooked through.



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