



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



4 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
	15g	24g	88g

FROM YOUR BOX

SWEET POTATOES	800g
BEEF RISSOLES	600g
CHOPPED TOMATOES	400g
BBQ SAUCE	1 bottle
BABY COS LETTUCE	1
TOMATOES	2
YELLOW CAPSICUM	1

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice), honey

KEY UTENSILS

oven tray, large frypan

NOTES

Roast tomatoes 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.



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.



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.



4. MAKE THE DRESSING

In the meantime, whisk to combine **2 tbsp olive oil, 1 tbsp vinegar** and **1/2 tsp honey** in a bowl.



5. PREPARE THE SALAD

Roughly chop **lettuce, tomatoes** and **capsicum**. Toss together in a serving bowl.



6. FINISH AND SERVE

Serve barbecue rissoles and sauce with sweet potato wedges and salad. Drizzle with dressing to taste.



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