

**Product Spotlight:  
Feta cheese**

Traditionally feta is made using sheep's milk, although it can be made using sheep's, goat's or cow's milk, or any combination of the three.



## Beef Sausage Coil

### with Sweet Potato Chips & Feta Sauce

Beef sausage coil cooked in the pan and served with golden sweet potato chips, fresh leafy salad and a creamy feta sauce for dipping.

## Change the sauce!

*You can serve the sausage with relish or sauce of choice instead of blending the feta. Crumble the cheese and toss it through the salad instead.*



30 minutes



4/6 servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	29g/32g	60g/64g	53g/55g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
BEEF SAUSAGE COIL	600g	600g + 300g
FETA CHEESE	1 packet	2 packets
TOMATOES	2	3
AVOCADO	1	2
MESCLUN LEAVES	1 bag	120g+60g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano

## KEY UTENSILS

oven tray, frypan or BBQ, stick mixer or blender

## NOTES

You can skewer the sausage the coil easier. Bake the sausage in the oven for 15 minutes if preferred.

Blend the feta cheese with milk instead of water for a creamier finish.

There will be enough feta sauce to dress the salad, but you can use vinegar and olive oil if preferred.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Cut **sweet potatoes** into chips. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and cooked through.



### 2. COOK THE SAUSAGE

Heat a frypan or BBQ over medium-high heat. Rub **sausage coil** with **oil** and cook for 6–8 minutes each side or until cooked through (see notes).



### 3. WHIP THE FETA SAUCE

Crumble **feta cheese** and blend with **1/3 cup water** (see notes) and **2 tsp oregano** using a stick mixer or blender. Season with **pepper** to taste.

**6P** – blend 2 blocks feta with 2/3 cup water and 1 tbsp oregano.



### 4. PREPARE THE SALAD

Wedge **tomatoes** and slice **avocado**. Toss together with **mesclun leaves** (see notes).



### 5. FINISH AND SERVE

Arrange **sausage coil, sweet potato chips, salad** and **feta sauce** on a platter. Serve at the table.



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