




Product Spotlight: Sweet Potato


Baked sweet potatoes pair well with lots of flavours. For example, try adding a dash of cinnamon, cumin, allspice, sesame seeds, maple syrup, orange zest or rosemary before cooking!



2 Chicken Kofta Patties with Sweet Potato Rounds

A beautiful, pink beetroot sauce, flavour-packed chicken kofta patties, a farm-fresh side salad and more-ish oven-baked sweet potato rounds. You'll be coming back for seconds!

 30 minutes

 2 servings

 Chicken

16 November 2020

In a hurry?

If short on time, skip making the koftas. First, cook the potatoes as per the recipe. Then, pan-fry the chicken mince with sliced spring onions, adding cumin and oregano to the mix. Serve cooked mince alongside veggie sticks (or salad) and baked sweet potato rounds.

FROM YOUR BOX

SWEET POTATOES	400g
COS LETTUCE	1
LEBANESE CUCUMBER	1
RED CAPSICUM	1/2 *
SICILIAN OLIVES	1/2 tub *
GARLIC CLOVES	2
SPRING ONION	1
COOKED BEETROOT	1 packet (250g)
NATURAL YOGHURT	1 tub (200g)
CHICKEN MINCE	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, ground cumin, dried oregano

KEY UTENSILS

oven tray, frypan, stick mixer (see notes)

NOTES

If you don't have a stick mixer, finely chop the spring onions and grate the beetroots before mixing with the yoghurt.

Wedge and add remaining beetroots to the salad to taste. You can also save them in a sealed container in the fridge and use in sandwiches or burgers.



1. COOK THE POTATOES

Set oven to 220°C.

Cut sweet potatoes into rounds. Toss on a lined oven tray with **oil, salt and pepper**. Cook for 15–20 minutes or until golden and tender.



2. MAKE THE SALAD

Wash and roughly chop lettuce, cucumber and capsicum. Toss together in a bowl with drained olives (to taste), **1/2 tbsp olive oil, salt and pepper**.



3. MAKE THE SAUCE

Crush 1 garlic clove, roughly chop the green tops of the spring onion and 2 beetroots (see notes). Combine in a jug with yoghurt. Blend together with a stick mixer. Season to taste with **salt and pepper**.



4. MAKE THE KOFTA MIX

Slice the white ends of the spring onion and crush remaining garlic. Mix with chicken mince, **1 1/2 tsp cumin, 1/2 tsp oregano, salt and pepper**.



5. COOK THE KOFTAS

Heat a large frypan with **oil** over medium-high heat. Add spoonfuls of the mixture straight into the pan to make around 6–8 patties. Flatten slightly and cook for 3–4 minutes each side or until cooked through.



6. FINISH AND PLATE

Serve chicken koftas with sweet potato rounds, salad, and beetroot sauce on the side.

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