

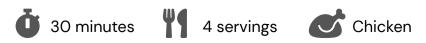
Product Spotlight: Sweet Potato

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!



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.

A CONTRACTOR

16 November 2020

FROM YOUR BOX

SWEET POTATOES	800g
FESTIVAL LETTUCE	1
CONTINENTAL CUCUMBER	1
TOMATOES	2
SICILIAN OLIVES	1/2 tub *
GARLIC CLOVES	2
SPRING ONIONS	1/4 bunch *
COOKED BEETROOT	1 packet (250g)
NATURAL YOGHURT	1/2 tub (250g) *
CHICKEN MINCE	600g

*Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, large 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.



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 and cucumber, wedge the tomatoes. Toss together in a bowl with drained olives, **1 tbsp olive oil** and **salt and pepper** to taste.



3. MAKE THE SAUCE

Crush <u>1</u> garlic clove, roughly chop the green tops of the spring onions and <u>2</u> beetroots (wedge and add any remaining to the salad). Combine in a jug with 1/2 tub 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 onions and crush remaining garlic. Mix with chicken mince, **3 tsp cumin**, **1 tsp** oregano, salt and pepper.



5. COOK THE KOFTAS

Heat a large frypan with **oil** over mediumhigh heat. Add large spoonfuls of the mixture straight into the pan to make around 12 patties. Flatten slightly and cook (in batches if necessary) 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.

