Product Spotlight: Sweet Potato

100 grams of sweet potato contains 14,187 IU of vitamin A. Comparatively, regular potatoes have 2 IU! That means just 100 grams of sweet potato provides over 120% of the vitamin A you need in a day.

4 Chorizo and Sweet Potato Tray Bake

with Feta and Green Salad

Lots of flavour, minimal effort! Diced veggies and free-range chorizo roasted in the oven and served with a balsamic-dressed feta & spinach salad.

🕑 30 minutes   🍴 4 servings   🍗 Pork

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Mix it up!

If you prefer, slice and pan-fry the chorizo instead of adding it to the traybake. You can also make sweet potato fries instead of dices.

FROM YOUR BOX

SWEET POTATOES	800g
CHORIZO	250g
ZUCCHINI	1
RED ONION	1/2 *
THYME	1/2 packet *
CHERRY TOMATOES	1 bag (200g)
SPINACH/ROCKET MIX	1 bag (120g)
AUSTRALIAN FETA	1/2 block *
CARAMELISED BALSAMIC DRESSING	1 sachet
ALMONDS	1/2 packet (40g) *

Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil, oil (for cooking), salt, pepper, ground paprika

KEY UTENSILS

oven tray, frypan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No pork option – chorizo is replaced with 300g chicken strips. Toss strips with 1 tsp smoked (or plain) paprika, 1 tsp ground cumin, oil salt and pepper. Fry in a frypan for 6-8 minutes over medium heat then stir through roasted vegetables before serving.

1. PREP THE INGREDIENTS

Set oven to 220ºC.

Dice sweet potatoes and chorizo. Cut zucchini into crescent and slice red onion. Chop thyme.

2. ROAST THE TRAYBAKE

Toss the ingredients with **oil, 2 tsp paprika, salt and pepper** on a lined oven tray. Roast for 20-25 minutes or until golden and tender.

3. MAKE THE SALAD

Halve cherry tomatoes and toss together with spinach/rocket mix, crumbled feta, **1/2 tbsp olive oil** and balsamic dressing.

4. TOAST ALMONDS (OPTIONAL)

Heat a frypan over medium-high heat. Roughly chop and add almonds. Cook for 2-3 minutes until lightly toasted.

5. FINISH AND PLATE

Divide traybake and salad among plates or bowls. Sprinkle over almonds.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**