



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Potatoes

Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



G2

Beef and Mushroom Ragu with Crispy Thyme Potatoes

Beef mince cooked with fresh thyme and button mushrooms in a tomato sugo served over crispy thyme baby potatoes with balsamic scrunched kale leaves.



30 minutes



2 servings



Beef

14 October 2022

Sloppy Joes!

Serve the beef mince and scrunched kale in buns with the crispy potatoes on the side to turn this into Sloppy Joes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	31g	61g

FROM YOUR BOX

BABY POTATOES	1 bag (400g)
BROWN ONION	1
BEEF MINCE	300g
BUTTON MUSHROOMS	1 bag (150g)
THYME	1 packet
TOMATO SUGO	1 jar
KALE	1 bunch

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, fennel seeds, 1 garlic clove

KEY UTENSILS

large frypan, large saucepan (see notes)

NOTES

We recommend using a large saucepan for cooking the potatoes so that when you need to crisp them, there is a lot of surface area available in which to do so.

Add soy sauce, a stock cube, or Worcestershire sauce to the sauce for extra flavour.



1. BOIL THE POTATOES

Halve or quarter potatoes. Add to a large saucepan and cover with water. Bring to a boil and simmer for 10–15 minutes until tender. Drain and return to saucepan.



2. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Slice onion. Add to pan as you go along with beef mince. Use the back of your cooking spoon to break up the mince. Cook for 4–5 minutes until mince begins to brown.



3. SIMMER THE SAUCE

Halve or quarter mushrooms. Add to beef mince pan along with 1/2 packet thyme and **1 tsp fennel seeds**. Sauté for 4 minutes. Pour in tomato sugo and **1/4 jar water**. Simmer, semi-covered, for 8–10 minutes. Season to taste with **salt and pepper** (see notes).



4. CRISP THE POTATOES

Add **2 tbsp olive oil** and remaining thyme leaves to saucepan with potatoes. Cook over medium-high heat, tossing occasionally, for 8–10 minutes until potatoes begin to crisp. Season with **salt and pepper**.



5. SCRUNCH THE KALE

Crush **garlic clove**. Add to a large bowl along with **1 tbsp olive oil** and **2 tbsp balsamic vinegar**. Whisk to combine. Thinly slice kale leaves. Add to bowl with dressing. Massage kale leaves with dressing to tenderise.



6. FINISH AND SERVE

Divide crispy potatoes among shallow bowls along with beef sauce. Top with scrunched kale.

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**

