DINNER TWIST
LOCAL, HEALTHY, DELIVERED

**Product Spotlight:
Crunch Preserves**

Crunch Preserves uses locally sourced, seasonal produce to handcraft their small-batch products in Margaret River; just one of the reasons we love their products!

Crunch PRESERVES

Cajun Beef

with Sweet Potato and Relish

Beef mince flavoured with cajun spice, cooked with veggies and served with sweet potato and Crunch Preserves mild and flavourful jalapeño relish.

Bulk it up!

To bulk up this meal, add tinned beans, such as kidney or black beans, or serve with wraps or tortillas.

⏱ 20 minutes   🍴 4 servings   🥩 Beef

23 June 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	16g	55g

FROM YOUR BOX

SWEET POTATOES	800g
BEEF MINCE	600g
BROWN ONION	1
GREEN CAPSICUM	1
CHERRY TOMATOES	200g
CORIANDER	1 packet
JALAPENO RELISH	1 jar

FROM YOUR PANTRY

salt, pepper, Cajun spice

KEY UTENSILS

large frypan, saucepan

NOTES

Boil the kettle and use the hot water to speed up the cooking process.

Use Cajun spice to taste if yours has a lot of heat. If you don't have Cajun spice you can make a mixture with ground paprika, cayenne pepper (or chilli powder), dried thyme, dried oregano and garlic powder.

If desired, top the beef mixture with grated cheese and allow to melt.

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1. BOIL THE SWEET POTATOES

Dice sweet potatoes. Add to a saucepan and cover with water (see notes). Bring water to a boil and simmer for 10 minutes or until tender. Drain sweet potatoes.

2. BROWN THE MINCE

Heat a frypan over medium-high heat. Add beef mince to pan and use the back of a cooking spoon to break up. Cook for 3-5 minutes until mince begins to brown.

3. ADD THE VEGETABLES

Slice onion and capsicum. Add to pan as you go, along with **3 tsp Cajun spice** (see notes). Halve cherry tomatoes and add to pan, stir to combine. Pour in **1/2 cup water** and simmer for 6-8 minutes.

4. ADD THE SWEET POTATO

Add drained sweet potatoes to the beef mixture. Toss well to combine. Season with **salt and pepper** (see notes).

5. FINISH AND SERVE

Garnish with coriander leaves, and dollop on relish. Serve tableside.

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**