



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

## G4 **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.

 20 minutes

 4 servings

 Beef

29 April 2022

## Bulk it up!

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

Per serve: **PROTEIN** 36g **TOTAL FAT** 8g **CARBOHYDRATES** 56g



## FROM YOUR BOX

SWEET POTATOES	1 bag (800g)
BEEF MINCE	600g
BROWN ONION	1
GREEN CAPSICUM	1
CHERRY TOMATOES	1 bag (400g)
CORIANDER	1 packet (20g)
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 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.



### 1. BOIL SWEET POTATOES

Dice sweet potatoes. Add to a saucepan and cover with water (see notes). Bring water to the boil and simmer potatoes 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 cooking spoon to break up. Cook in the pan 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 table side.

**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](mailto:hello@dinnertwist.com.au)

