



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet Potato


Sweet potatoes have been around for thousands of years, and they aren't just orange; they can be cream, yellow, pink and purple too!



G4 Moroccan Beef Stuffed Sweet Potatoes

Moroccan-inspired beef and vegetables stuffed into roasted sweet potatoes served with a fresh mint topping and tangy natural yoghurt.

 30 minutes

 4 servings

 Beef

22 July 2022

Switch it up!

Transforming the flavours of this dish is simple! Switching the spices used to cook the beef is all it takes! For Indian, use curry powder and cinnamon, and for Mexican, smoked paprika, cumin seeds and dried oregano.

Per serve: **PROTEIN** 37g **TOTAL FAT** 12g **CARBOHYDRATES** 41g

FROM YOUR BOX

SWEET POTATOES	1kg
BEEF MINCE	600g
RED ONION	1
GREEN CAPSICUM	1
TOMATO PASTE	1 sachet
LEBANESE CUCUMBER	1
MINT	1 packet
NATURAL YOGHURT	1 tub
FLAKED ALMONDS	1 packet (30g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar, cumin seeds, ground turmeric, ground cinnamon

KEY UTENSILS

large frypan with lid, oven tray

NOTES

To jazz up the toppings you can toast the almonds and flavour the yoghurt. Toast almonds in a dry frypan over medium heat until golden. Add crushed garlic, sumac, harissa paste, lemon zest, preserved lemon or pomegranate seeds to the yoghurt.

Any excess beef filling can be served on plates next to stuffed sweet potatoes.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes. Place cut side down on a lined oven tray. Coat with **oil, salt and pepper**. Roast for 20–25 minutes until sweet potatoes are tender.



2. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Add mince and break up any lumps with a wooden spoon. Cook for 5–7 minutes until mince begins to brown.



3. ADD THE AROMATICS

Dice onion and capsicum. Add to pan as you go along with **1 1/2 tbsp cumin seeds, 3 tsp turmeric, 3/4 tsp cinnamon** and tomato paste. Sauté for 3 minutes. Pour in **3/4 cup water** and cook, covered, for 4–6 minutes until vegetables are tender. Season with **salt and pepper**.



4. MAKE THE TOPPING

Dice cucumber and slice mint leaves. Add to a bowl along with **2 tsp vinegar, salt and pepper**. Stir to combine (see notes).



5. STUFF THE POTATOES

Turn potatoes over. Use a fork to press down the centre of the potatoes. Spoon in beef filling (see notes).



6. FINISH AND SERVE

Serve stuffed potatoes on plates. Dollop over yoghurt and add mint topping. Garnish with flaked 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**

