



### Product Spotlight: Red Onion

Onions are full of beneficial nutrients. They feature antiviral, antibacterial and antioxidant properties. Red onions contain slightly more antioxidants than brown onions.



## Moroccan Beef with Roast Sweet Potato

Roasted sweet potatoes served with beef and vegetables cooked in a customised Dinner Twist Moroccan spice mix and served with cumin seed yoghurt, pickled red onion and fresh coriander.



30 minutes



4 servings



Beef

5 May 2023

## Switch it up!

*You can roast all of the vegetables on the roasting tray if desired. Or use the sweet potato to make mash!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	20g	50g

## FROM YOUR BOX

SWEET POTATOES	800g
RED ONION	1
BEEF MINCE	600g
MOROCCAN SPICE MIX	1 packet
TOMATO PASTE	1 sachet
CARROT	1
GREEN CAPSICUM	1
NATURAL YOGHURT	1 tub
CORIANDER	1 packet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar, sugar of choice, cumin seeds

## KEY UTENSILS

large frypan, oven tray

## NOTES

We recommend leaving the peel on most fruits and veggies. There are a number of nutrients in the peel and it helps reduce preparation time!

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.



### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice sweet potatoes (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and tender.



### 2. PICKLE THE ONION

In a non-metallic bowl (see notes) whisk together **1/4 cup vinegar, 2 tbsp water, 1 tsp salt** and **1 tsp sugar**. Thinly slice 2–3 rings of onion and set the remaining onion aside for step 3. Add onion rings to bowl and toss to pickle.



### 3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat. Add beef mince and cook, stirring, for 3 minutes. Dice remaining onion. Add to pan along with Moroccan spice mix and tomato paste. Cook for a further 3 minutes.



### 4. ADD THE VEGETABLES

Grate carrot and roughly chop capsicum. Add to pan along with **1/3 cup water**. Cook for 5 minutes. Season to taste with **salt and pepper**.



### 5. MAKE THE CUMIN YOGHURT

Add yoghurt to a bowl with **2 tsp cumin seeds, salt and pepper**. Mix to combine.



### 6. FINISH AND SERVE

Drain pickles and roughly chop coriander. Spoon Moroccan beef over roasted sweet potatoes. Dollop over yoghurt. Garnish with pickled onion rings and coriander.

**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**

