



Product Spotlight: Crunch Preserves

Crunch Preserves uses locally sourced, seasonal produce to handcraft their small-batch products in Margaret River, and it's 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.



20 minutes



2 servings



Beef

Bulk it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	17g	76g

FROM YOUR BOX

SWEET POTATOES	400g
BEEF MINCE	300g
BROWN ONION	1
GREEN CAPSICUM	1
CAJUN SPICE MIX	1 packet
TOMATO	1
CORIANDER	1 packet
JALAPENO RELISH	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

saucepan, large frypan

NOTES

If you would like more flavour/spice, you can add cayenne pepper (or chilli powder), fresh garlic and fresh or dried thyme.

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

Cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt, ground cayenne.



1. BOIL THE SWEET POTATOES

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



2. BROWN THE MINCE

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



3. ADD THE VEGETABLES

Slice onion and capsicum. Add to pan as you go, along with cajun spice mix (see notes). Dice tomato and add to pan, stir to combine. Pour in **1/4 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.



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