



### Product Spotlight: Coconut Milk

Coconut milk's principal medium-chain fatty acids are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



## Beef Khorma Tray Bake

### with Sugar Snap Peas

This mild khorma curry paste from Island Curries makes a beautiful one-dish tray bake full of veggies and beef meatballs, served with fresh sugar snap peas and slices of red chilli.



40 minutes



2 servings



Beef

## Bulk it up!

*To get extra servings from this dish, serve with a side of cooked rice, naan, pappadums or cooked noodles.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	22g	62g

## FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1
CHERRY TOMATOES	200g
BEEF MINCE	300g
KHORMA CURRY PASTE	1 sachet
TINNED COCONUT MILK	165ml
SUGAR SNAP PEAS	150g
RED CHILLI	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

oven dish

## NOTES

Use oiled hands to roll the meatballs.

Remove the seeds from the chilli for milder heat.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut **sweet potato** into crescents. Wedge **red onion**. Add to a lined oven dish along with **cherry tomatoes**. Toss with **oil, salt and pepper**.



### 2. MAKE THE MEATBALLS

Mix **beef mince** with **salt and pepper**. Roll tablespoonfuls of mixture into meatballs (see notes) and add directly to oven dish.



### 3. ADD CURRY AND ROAST

Add **curry paste** and **coconut milk** to a jug. Whisk to combine. Pour into oven dish over meatballs and vegetables. Bake for 20–30 minutes until vegetables are tender.



### 4. PREPARE THE TOPPINGS

Trim and thinly slice **sugar snap peas**. Thinly slice **chilli** (see notes).



### 5. FINISH AND SERVE

Serve traybake tableside. Garnish with sugar snap peas and chilli slices.



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