

**Product Spotlight:
Crunch Preserves**

Cajun-spiced beef mince cooked with capsicum and onion, served over soft sweet potato with a dollop of Crunch Preserves jalapeno relish.

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
	36g	25g	59g

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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