



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 Sweet Potato & Cumin Yoghurt

Spiced beef and veggies sautéed in a rich Moroccan blend, served over golden roasted sweet potato and topped with cumin yoghurt, pickled red onion, and fresh coriander for a vibrant, flavour-packed dinner.

 35 minutes

 2 servings

 Beef

Switch it up!

Prefer fewer pans? Roast all the veggies on the tray alongside the sweet potato. Or, mash the sweet potato with a little olive oil and salt for a smooth and hearty base.

Per serve: **PROTEIN** 40g **TOTAL FAT** 23g **CARBOHYDRATES** 34g

FROM YOUR BOX

| | |
|--------------------|----------|
| SWEET POTATO | 400g |
| RED ONION | 1 |
| BEEF MINCE | 300g |
| 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.

Moroccan spice mix: ground cumin, ground coriander, paprika, turmeric, cinnamon, all spice.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice **sweet potato** into 2–3 cm chunks (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and tender.



4. ADD THE VEGETABLES

Grate **carrot** and roughly chop **capsicum**. Add to pan along with **1/4 cup water**. Cook for 5 minutes. Season to taste with **salt and pepper**.



2. PICKLE THE ONION

Use a **non-metallic bowl** (see notes). Whisk together **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt**, and **1 tsp sugar**. Thinly slice **1/3 red onion** into rings, then toss in the **liquid**. Set aside to pickle.



5. MAKE THE CUMIN YOGHURT

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



3. SAUTÉ THE AROMATICS

Heat a frypan over medium–high heat. Add **beef mince** and cook for 3 minutes, breaking it up as it browns. Dice **remaining red onion** and add to pan along with **Moroccan spice mix** and **tomato paste**. Cook for another 3 minutes until fragrant.



6. FINISH AND SERVE

Drain the **pickled onion** and chop the **coriander**. Spoon **roasted sweet potatoes** onto plates, top with **Moroccan beef** and **vegetables**, and dollop over **cumin 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

