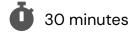






# **Moroccan Beef Stuffed Sweet Potatoes**

Moroccan-inspired beef and vegetables stuffed into roasted sweet potatoes served with a fresh mint topping and tangy natural yoghurt.





4/6 servings



# Switch it up!

Transforming the flavours of this dish is simple! Switching the spices used to cook the beef is all it takes! For Indian, use curry powder and cinnamon, and for Mexican, smoked paprika, cumin seeds and dried oregano.

TOTAL FAT CARBOHYDRATES 56g 4/6 Person:

#### **FROM YOUR BOX**

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
BEEF MINCE	500g	500g + 250g
RED ONION	1	1
GREEN CAPSICUM	1	2
TOMATO PASTE	1 sachet	2 sachets
LEBANESE CUCUMBER	2	3
MINT	1 packet	1 packet
NATURAL YOGHURT	1 tub	2 tubs
FLAKED ALMONDS	40g	2 x 40g

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar, cumin seeds, ground turmeric, ground cinnamon

#### **KEY UTENSILS**

large frypan with lid, oven tray

#### **NOTES**

To jazz up the toppings you can toast the almonds and flavour the yoghurt. Toast almonds in a dry frypan over medium heat until golden. Add crushed garlic, sumac, harissa paste, lemon zest, preserved lemon or pomegranate seeds to the yoghurt.

Any excess beef filling can be served on plates next to stuffed sweet potatoes.



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#### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve **sweet potatoes.** Place cut side down on a lined oven tray. Coat with **oil**, **salt and pepper.** Roast for 25 minutes until sweet potatoes are tender.



#### 2. BROWN THE BEEF MINCE

Heat a large frypan over medium-high heat. Add **beef mince** and break up any lumps with a wooden spoon. Cook for 4-5 minutes until mince begins to brown.



#### 3. ADD THE AROMATICS

Dice onion and capsicum, add to pan with 1 tbsp cumin seeds, 3 tsp turmeric, 3/4 tsp cinnamon and tomato paste. Sauté for 3 minutes, then add 3/4 cup water. Cover and cook 4–6 minutes until tender. Season with salt and pepper.

6P - use 1 1/2 tbsp cumin seeds, 1 tbsp turmeric, 1 tsp cinnamon and 1 cup



## 4. MAKE THE TOPPING

Dice **cucumbers** and slice **mint leaves**. Add to a bowl along with **2-3 tsp vinegar**, **salt and pepper**. Stir to combine (see notes).



### **5. STUFF THE POTATOES**

Turn **potatoes** over. Use a fork to press down the centre of the potatoes. Spoon in **beef filling** (see notes).



#### 6. FINISH AND SERVE

Serve stuffed potatoes on plates. Dollop over yoghurt and add mint topping. Garnish with flaked almonds (toast if desired).

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