



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

Roasted sweet potatoes served with beef and vegetables cooked in a customised Dinner Twist Moroccan spice mix and served with cumin seed yoghurt, pickled red onion and fresh coriander.

 35 minutes

 4 servings

 Beef

Switch it up!

You can roast all of the vegetables on the roasting tray if desired. Or use the sweet potato to make mash!

Per serve: **PROTEIN** 38g **TOTAL FAT** 20g **CARBOHYDRATES** 50g

FROM YOUR BOX

| | |
|--------------------|----------|
| SWEET POTATOES | 800g |
| RED ONION | 1 |
| BEEF MINCE | 600g |
| 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, ground paprika, ground turmeric, ground cinnamon, ground allspice.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

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



2. PICKLE THE ONION

In a non-metallic bowl (see notes) whisk together **1/4 cup vinegar, 2 tbsp water, 1 tsp salt and 1 tsp sugar**. Thinly slice roughly 1/3 of the onion and set the remaining onion aside for step 3. Add onion rings to bowl and toss to pickle.



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat. Add beef mince and cook, stirring, for 3 minutes. Dice remaining onion. Add to pan along with Moroccan spice mix and tomato paste. Cook for a further 3 minutes.



4. ADD THE VEGETABLES

Grate carrot and roughly chop capsicum. Add to pan along with **1/3 cup water**. Cook for 5 minutes. Season to taste with **salt and pepper**.



5. MAKE THE CUMIN YOGHURT

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



6. FINISH AND SERVE

Drain pickled onion and chop coriander. Spoon Moroccan beef over roasted sweet potatoes. Dollop over 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

