



### 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

 4 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** 30g **TOTAL FAT** 25g **CARBOHYDRATES** 31g

## 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.



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### 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice **sweet potatoes** 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.



### 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.



### 3. SAUTÉ THE AROMATICS

Heat a large 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.



### 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 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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

