

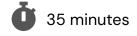




Moroccan Beef

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.







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.

PROTEIN TOTAL FAT CARBOHYDRATES

30g

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.





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.





