



### 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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	44g	24g	36g/44g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	800g	1.2kg
RED ONION	1	1
BEEF MINCE	600g	600g + 300g
MOROCCAN SPICE MIX	1 packet	2 packets
TOMATO PASTE	1 sachet	2 sachets
CARROT	1	2
GREEN CAPSICUM	1	2
NATURAL YOGHURT	1 tub	2 tubs
CORIANDER	1 packet	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 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.



### 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**.

**6P** – add to pan along with **1/2 cup water**.



### 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.

**6P** – mix **2 tubs yoghurt with 1 tbsp cumin**.



### 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.



### 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**

