

**Product Spotlight:  
Sweet Potato**

Sweet potatoes have been around for thousands of years, and they aren't just orange; they can be cream, yellow, pink and purple too!



## 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.



30 minutes



4/6 servings



Beef

## 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.*

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	36g	22g	56g

## 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.



### 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.



### 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).



### 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.



### 5. STUFF THE POTATOES

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



### 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**



### 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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