



Product Spotlight: Brussels Sprouts

Brussels sprouts become sweet and nutty when roasted. For best results, cook until tender and golden on the cut sides. Avoid overcooking as they can lose their texture and natural sweetness.



Seoul-style Crispy Potatoes with Smokey Mayo

Golden smashed potatoes with roasted Brussels sprouts, sweet corn and capsicum, drizzled with creamy smokey mayo, finished with spring onions and toasted sesame seeds.



35 minutes



Plant-Based



4/6 servings

Bulk it up!

Bulk up any leftovers for lunch the next day! You can add a cooked grain or brown rice as well as baby spinach or cherry tomatoes.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve	15g	20g	51g/55g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	1kg	1.5kg
RED CAPSICUM	1	2
BRUSSELS SPROUTS	2 x 200g	2 x 200g
CORN COBS	2	3
TINNED EDAMAME BEANS	2 x 125g	3 x 125g
SPRING ONIONS	1 bunch	1 bunch
SESAME SEEDS	1 packet	2 packets
SMOKEY KOREAN SAUCE	1 sachet	2 sachets
VEGAN MAYONNAISE	2 sachets	3 sachets

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

saucepan, 2 oven trays, small frypan (optional)

NOTES

Check vegetables after 15 minutes and remove any that are cooked to your liking. Brussels sprouts can vary in size and may cook faster than other vegetables.



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1. BOIL THE POTATOES

Set oven to 220°C.

Place **baby potatoes** in a saucepan and cover with water (halve any larger potatoes). Bring to a boil and simmer for 15 minutes until tender.



4. CRISP THE POTATOES

Drain **potatoes** and place on a second lined oven tray. Gently squash using the base of a mug or potato masher. Drizzle with **oil** and season with **salt and pepper**. Roast for 20 minutes, or until golden and crispy.



2. ROAST THE VEGETABLES

Meanwhile, slice **capsicum** and halve **Brussels sprouts**. Remove **corn kernels** from cobs. Toss all on a lined oven tray with **2 tsp paprika, oil, salt and pepper**. Roast for 15–20 minutes, or until tender and golden (see notes).

6P – use 3 tsp paprika.



5. FINISH AND SERVE

Layer the **roasted vegetables, crispy potatoes, prepared toppings** and **smokey mayo** on a large serving platter. Serve at the table.



3. PREPARE THE TOPPINGS

Drain and rinse **edamame beans**. Thinly slice **spring onions**.

Toast **sesame seeds** in a dry frypan over medium-high heat for 1–2 minutes (optional).

Mix **Korean sauce** and **vegan mayonnaise** in a bowl.

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