



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED



### Product Spotlight: Sweet potatoes

Sweet potato is high in fibre, very filling and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



2

## Sausage Coil with Sweet Potato Wedges

Herb and garlic beef sausage made into a coil – served with a herby dip sauce, a simple salad and roasted sweet potatoes.



25 minutes



2 servings



Beef

8 June 2020

## FROM YOUR BOX

SWEET POTATOES	400g
BEEF SAUSAGE COIL	1
PARSLEY	1/2 bunch *
SAGE	1/2 packet *
SOUR CREAM	1/2 tub (100g)
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1
BABY SPINACH	1/2 bag (30g) *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

## KEY UTENSILS

oven tray, frypan

## NOTES

You can cook the sausage in the oven or on the barbecue if preferred.

Add 1 small crushed garlic clove to the sauce if you like.

**No beef option** – beef sausage coil is replaced with chicken sausages.



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges and toss with **oil and salt** on a lined oven tray. Roast for 20 minutes or until golden and tender.



### 2. COOK THE SAUSAGE

Heat a frypan over medium heat. Rub sausage with **oil** and cook for 4–6 minutes on each side or until cooked through (see notes).



### 3. MAKE THE SAUCE

Chop parsley (2–3 tbsp) and sage leaves. Combine with 1/2 tub sour cream, **1 tbsp olive oil and 1 tbsp water** (see notes). Season with **salt and pepper** to taste.



### 4. PREPARE THE SALAD

Slice cucumber and capsicum. Toss together with spinach in a serving bowl.



### 5. FINISH AND PLATE

Serve sausage with roasted sweet potatoes, salad and sauce.

**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**

