



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



4 servings



Beef

8 June 2020

FROM YOUR BOX

SWEET POTATOES	800g
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 COS LETTUCE	1

**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, roughly chop lettuce. Toss together 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**

