





## **Product Spotlight: Sweet Potato**

Sweet potato isn't just for use in savoury dishes; due to its natural sweetness, you can add it to muffins, brownies or cakes!



## **Sloppy Joe Bowls**

## with Gherkins

These Sloppy Joe Bowls feature saucy spiced beef, roasted sweet potato, and tangy gherkins, all topped with a creamy burger-style drizzle. It's a hearty, build-your-own bowl packed with bold flavour and satisfying crunch.





2 servings



# Bulk it up!

Serve the sloppy Joe mix and burger sauce in toasted burger buns, use the sweet potatoes to make wedges!

## FROM YOUR BOX

SWEET POTATOES	400g
RED ONION	1
GREEN CAPSICUM	1
BUTTON MUSHROOMS	150g
GARLIC	1 clove
BEEF MINCE	300g
TOMATO PASTE	1 sachet
GHERKINS	1 jar
BURGER SAUCE	1 sachet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried thyme

#### **KEY UTENSILS**

large frypan, oven tray

#### **NOTES**

If desired, pickle the reserved red onion in a mix of salt, sugar, vinegar and water. Drain before serving.

For more depth of flavour, season with soy sauce or Worcestershire sauce.





## 1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice **potatoes** and add to a lined oven tray. Toss with **1 tsp thyme**, **oil**, **salt and pepper**. Roast for 25–30 minutes. or until tender and golden.



## 2. PREPARE THE INGREDIENTS

Slice **onion** (set 1/4 aside for garnish, see notes) and **mushrooms**. Dice **capsicum** and crush **garlic**.



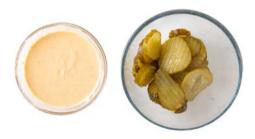
## 3. BROWN THE BEEF

Heat a large frypan over medium-high heat. Add **mince** and sliced **onion**. Cook for 4-6 minutes until mince has browned and onion has softened.



## 4. SIMMER THE BEEF

Add mushrooms, garlic, capsicum, tomato paste and 1 tsp smoked paprika to beef. Sauté for 4-6 minutes to soften vegetables. Add 1 cup water and simmer, semi-covered, for 5 minutes until vegetables are tender. Season to taste with salt and pepper (see notes).



## **5. PREPARE THE TOPPINGS**

Drain **gherkins** (using to taste). Set aside with **burger sauce**.



## 6. FINISH AND SERVE

Divide **sweet potatoes** among bowls. Spoon in **beef** mixture. Top with **gherkins** and slices of reserved **red onion**. Spoon over **burger 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



