




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.

 40 minutes

 4 servings

 Beef

Bulk it up!

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

Per serve: **PROTEIN** 30g **TOTAL FAT** 34g **CARBOHYDRATES** 38g

FROM YOUR BOX

SWEET POTATOES	800g
RED ONION	1
GREEN CAPSICUM	1
BUTTON MUSHROOMS	300g
GARLIC	2 cloves
BEEF MINCE	600g
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.



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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice **potatoes** and add to a lined oven tray. Toss with **2 tsp thyme, oil, salt and pepper**. Roast for 25–30 minutes. or until tender and golden.



4. SIMMER THE BEEF

Add **mushrooms, garlic, capsicum, tomato paste** and **2 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).



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.



5. PREPARE THE TOPPINGS

Drain **gherkins** (using to taste). Add **burger sauce** to a bowl along with **1 tbsp water**. Mix to loosen 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**.

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