



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Beef Chipolata and Chickpea Bake

Beef chipolata sausages with roast vegetables, chickpeas and baby spinach.



35 minutes



2 servings



Beef

FROM YOUR BOX

| | |
|------------------|------|
| SWEET POTATO | 400g |
| SHALLOT | 1 |
| TOMATO | 1 |
| TINNED CHICKPEAS | 400g |
| BEEF CHIPOLATAS | 300g |
| BABY SPINACH | 60g |

FROM YOUR PANTRY

olive oil, salt and pepper

NOTES

You can serve this dish with some crusty bread for mopping up the extra sauce in the tray!

1. BAKE THE VEGETABLES

Set oven to 220°C.

Dice sweet potato, wedge shallot and tomato. Add to a lined oven dish with drained chickpeas. Toss together with seasoning of choice (see tip) **olive oil, salt and pepper**. Roast in oven for 10 minutes.

TIP

You can use a spice of choice or a pre-made marinade/curry paste such as harissa, chermoula or pesto. We used 1 tbsp smoked paprika and 1 tbsp balsamic vinegar. Add some crushed garlic or extra vegetables like zucchini and capsicum if you want to make more serves!

2. ADD THE CHIPOLATAS

Take oven dish out. Coat beef chipolatas with **oil** and place on top of vegetables. Return to oven and roast for a further 20 minutes until vegetables and chipolatas are cooked through.

3. TOSS THE SPINACH

Toss spinach through vegetables until well combined.

4. FINISH AND SERVE

Serve chipolata and chickpea bake at the table.

TIP

Crumble some feta cheese on top or sprinkle with dukkah to finish!