



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Beef Stuffed Sweet Potato

Savoury sweet potato boats stuffed with beef mince, topped with a fresh salsa and yoghurt sauce.



35 minutes



4 servings



Beef

FROM YOUR BOX

SWEET POTATOES	800g
BEEF MINCE	600g
LEBANESE CUCUMBER	1
TOMATOES	2
GREEN CAPSICUM	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You choose the flavour! Use a Mexican spice mix or a blend of ground cumin and smoked paprika for a taco beef stuffing. Or if you feel like something exotic, use a curry powder or curry paste for an Indian stuffed sweet potato.

You can transform this dish into loaded wedges or cut the sweet potatoes into rounds to make nachos! Add some regular potatoes for extra serves and melt some cheese on top if you have some!

1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes lengthways. Place on a lined oven tray and rub with **oil, salt and pepper**. Roast cut side down for 25–30 minutes until tender.

TIP *The sweet potatoes may vary in size. If you have a larger sweet potato you can quarter it lengthways instead.*

2. COOK THE BEEF

Heat a frypan over medium–high heat with **oil**. Add beef and seasoning of choice (see tip). Cook, breaking down for 8–10 minutes. Season with **salt and pepper**.

TIP *We used 1 tbsp smoked paprika, 1 tbsp ground cumin and 2 tsp dried oregano to flavour the beef. You can add some tomato paste and a little water for richness. Alternatively you can stir through 1/2 a jar of tomato salsa for flavour.*

3. MAKE THE SALSA

Dice cucumber, tomatoes and capsicum. Toss together.

TIP *You can add a fresh herb like coriander, mint or chives if you have some!*

4. STUFF THE POTATOES

Remove potatoes from oven and turn them over. Use a fork to press down the centre of the potatoes. Spoon in beef filling.

TIP *You can add some cheese on top and return to the oven to melt for a cheesy finish!*

4. FINISH AND SERVE

Divide potatoes among plates. Serve with a dollop of yoghurt and sprinkle salsa on top.

TIP *Add some crushed garlic to the yoghurt if you have some!*
This recipe has simplified instructions to help lower your meal cost.