



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sweet Corn

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



3 Mexican Pork Sweet Potatoes with Salsa

Sweet potato boats stuffed with spiced tomato pork mince and topped with a fresh corn and avocado salsa. Finished with a dollop of creamy yoghurt.



35 minutes



2 servings



Pork

5 October 2020

Spice it up!

Add some smoked paprika or ground cayenne pepper to the pork as it cooks. Or if you have a pre-made Mexican spice mix you can use that to season the pork instead of the cumin.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	16g	80g

FROM YOUR BOX

SWEET POTATOES	500g
RED CAPSICUM	1/2 *
RADISHES	1/2 bunch *
AVOCADO	1
CORN COB	1
PORK MINCE	300g
TINNED CHERRY TOMATOES	400g
NATURAL YOGHURT	1 tub (200g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, dried Italian herbs

KEY UTENSILS

large frypan, oven tray

NOTES

You can dress the salsa with some red wine vinegar or lime juice and olive oil if preferred!

No pork option – pork mince is replaced with chicken mince.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Halve sweet potatoes lengthways and coat with **oil, salt and pepper**. Place cut side down on a lined oven tray and roast in oven for 20–25 minutes until golden and cooked through.



4. STUFF THE POTATOES

Use a fork to press down the middle of the cooked sweet potatoes to form a boat. Fill with pork mixture.



2. MAKE THE SALSA

Dice capsicum, radishes and avocado. Remove corn from cob. Toss together (see notes).



5. FINISH AND PLATE

Divide sweet potatoes among plates. Top with salsa and a dollop of yoghurt.



3. COOK THE PORK

Heat a frypan over medium–high heat with **oil**. Add pork mince, **1/2 tbsp cumin** and **1/2 tsp Italian herbs**. Cook for 5 minutes until browned. Stir through tinned cherry tomatoes and simmer for 5 minutes. Lightly crush tomatoes with a fork and season with **salt and pepper**.

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

