



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Pear

There are over 5,000 varieties of pears & their trees can produce fruit for up to 100 years! They're packed with nutrients, fibre & antioxidants, making them delicious & nutritious!



4 Beef and Sweet Potato Pie

Beef mince sautéed with onion, celery, carrot, tomato and smokey paprika baked in a pie with mashed sweet potato topping.

 35 mins

 2 servings

 Beef

21 May 2021

Switch it up!

Instead of mashing the sweet potato, thinly slice it and arrange it on an oven tray, drizzle with oil, salt and pepper and roast for 15-20 minutes then layer on top of the pie.

Per serve: **PROTEIN** 40g **TOTAL FAT** 18g **CARBOHYDRATES** 73g

FROM YOUR BOX

SWEET POTATO	400g
BEEF MINCE	300g
RED ONION	1/2 *
CARROT	1
CELERY	1
CHOPPED TOMATO	400g
PEAR	1
KALESRAW	1/2 bag (200g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt and pepper, dried thyme, smoked paprika, 1 stock cube, vinegar of choice

KEY UTENSILS

large frypan, saucepan, oven dish, kettle

NOTES

If you have fresh thyme at home, use that instead of dried thyme.

No beef option - beef mince is replaced with chicken mince. Use oil when cooking.



1. MASH SWEET POTATO

Boil the kettle. Set oven to 220°C.

Dice sweet potato, add to a saucepan with boiling water from kettle, boil for 10-15 minutes or until soft. Drain and mash sweet potato with **1 tbsp butter, salt and pepper.**



2. SAUTÉ BEEF MINCE

Heat a frypan over medium-high heat. Cook beef mince with **1/2 tsp dried thyme** (see notes) and **1 tsp paprika**, stirring, for 4-5 minutes.



3. ADD IN VEGETABLES

Dice red onion and carrot, slice celery. Add to pan as you go. Pour in tinned tomato and **1/4 cup water**, crumble in **stock cube**, cook for further 4-6 minutes. Season with **salt and pepper.**



4. BAKE PIE

Pour beef mince mixture into a deep oven dish. Top with mashed sweet potato and bake for 10 minutes.



5. MAKE SALAD

In a large bowl whisk together **1 tbsp olive oil, 1 tsp vinegar, salt and pepper.** Thinly slice pear, add to bowl with prepared dressing and kaleslaw. Toss well to combine.



6. FINISH AND PLATE

Divide pie evenly among plates and serve with pear kaleslaw.

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**

