



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Avocado


Did you know that avocado is a fruit?  
Just 1/3 of an avocado contains  
20 different vitamins and minerals! It is  
the only fruit to contain heart healthy  
monounsaturated fat...good fat!



## 3 Sweet Potato & Chorizo Salad

Crispy chorizo rounds with oven roasted sweet potato cubes, creamy avocado, sprouts and a smokey paprika yoghurt dressing.

 30 minutes

 2 servings

 Pork

28 December 2020

### Spice it up!

*You can add some crushed garlic, chilli flakes or cayenne pepper to the paprika oil for extra heat. Try tossing the sweet potatoes with ground cumin or coriander for added flavour.*

Per serve: **PROTEIN** 27g **TOTAL FAT** 34g **CARBOHYDRATES** 73g

## FROM YOUR BOX

SWEET POTATOES	500g
CHORIZO	1 packet
AVOCADO	1
CHERRY TOMATOES	1/2 bag (100g) *
SNOW PEA SPROUTS	1/3 punnet *
NATURAL YOGHURT	1/4 cup *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, apple cider vinegar

## KEY UTENSILS

oven tray, frypan

## NOTES

If you don't have a non-stick frypan you can add oil when cooking.

This salad is also great the next day! You can stretch it out with some grilled chicken or boiled eggs.

**No pork option - chorizo is replaced with smoked chicken.** Slice and toss through the salad in step 4.



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into angular pieces (4cm). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes until cooked through.



### 2. COOK THE CHORIZO

Slice chorizo and add to a frypan over medium-high heat (see notes). Cook for 5 minutes turning until crispy. Remove to a plate and reserve pan.



### 3. MAKE PAPRIKA OIL

Reduce pan heat to low. Stir in **1 tsp smoked paprika, 1 tbsp olive oil** and **1 tbsp vinegar**. Cook stirring for 2 minutes until infused. Pour into a small bowl to cool.



### 4. PREPARE THE SALAD

Cut avocado in half and use a spoon to scoop out rough pieces. Halve tomatoes. Halve snow pea sprouts and toss together.



### 5. FINISH THE DRESSING

Add yoghurt and **1 tbsp water** to cooled paprika oil. Whisk well to make a dressing. Season with **salt and pepper**.



### 6. FINISH AND PLATE

Divide sweet potato among plates. Scatter over salad and chorizo. Drizzle with paprika yoghurt dressing to taste.

**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**

