




Product Spotlight: Sweet Potato


We love Mr. Sweet Potato! He delivers the nutritional goods and is super-charged with vitamin A (for strong eyes), vitamin C (for your immune system) and potassium (for better working heart & muscles).



4 Loaded Sweet Potato Nachos

Roasted sweet potato rounds topped with Mexican beef, guacamole and salsa. A household favourite with a twist!

 30 mins

 4 servings

 Beef

22 March 2021

Spice it up!

You can add extra spice to your beef mince such as ground turmeric, chilli or coriander for added depth of flavour. Stretch out your guacamole with natural yoghurt if desired and finish the dish with a squeeze of lime.

Per serve: **PROTEIN** 39g **TOTAL FAT** 19g **CARBOHYDRATES** 72g

FROM YOUR BOX

SWEET POTATOES	1kg
CORN COBS	2
GREEN CAPSICUM	1
TOMATOES	2
CORIANDER	1/2 packet *
AVOCADO	1
BROWN ONION	1/2 *
BEEF MINCE	600g
TOMATO PASTE	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, ground cumin, vinegar (of choice)

KEY UTENSILS

2 oven trays, frypan

NOTES

You could add the corn kernels into the beef as it cooks if preferred.

For a more interesting guacamole you could add some yoghurt or lime juice.

No beef option - beef mince is replaced with chicken mince.



1. ROAST SWEET POTATOES

Set oven to 220°C.

Slice sweet potato into 1cm rounds. Toss on lined oven tray with **oil, salt and pepper**. Roast (on separate trays if needed) for 20–25 minutes until golden.



2. ROAST THE CORN

Cut the corn cobs in half. Coat with **oil, salt and pepper**. Place on a lined oven tray and roast for 15–20 minutes (see notes).



3. PREPARE THE SALSA

Dice capsicum and tomatoes. Roughly chop coriander. Toss together with **1 tbsp vinegar** and **1 tbsp olive oil**. Set aside.



4. MAKE THE GUACAMOLE

Mash the avocado with **1/2 tbsp vinegar, salt and pepper** (see notes).



5. COOK THE BEEF

Heat a frypan over medium–high heat with **oil**. Dice and add onion along with beef. Add **2 tsp smoked paprika** and **1 tbsp cumin**. Cook for 5 minutes. Stir in tomato paste and **1/2 cup water**. Cook for a further 5 minutes. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide sweet potato rounds among plates. Top with beef, guacamole and salsa. Serve with a side of corn.

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**

