

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Sweet Potato


Sweet potato is high in fibre, very filling and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



3 Loaded Sweet Potato Fries with Mexican Mince

Roasted sweet potato fries topped with Mexican mince, chopped veggies and dollops of cheesy nacho sauce!

 25 minutes

 4 servings




 Beef

15 February 2021

Spice it up!

Add some smoked paprika, dried oregano or chilli to spice up the mince a bit if you like!

FROM YOUR BOX

SWEET POTATOES	1kg
BEEF MINCE 	600g
SALSA	1 jar
CORN COB	1
TOMATOES	2
GREEN CAPSICUM	1/2 *
AVOCADO	1
NACHO SAUCE	1 tub
CORIANDER	1/2 packet *
 BROWN ONION	1
 BLACK BEANS	400g

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin


KEY UTENSILS

oven tray, frypan

NOTES

Cutting the sweet potatoes into smaller pieces will reduce the cooking time. If you have a very efficient oven, reduce the oven to 220°C to ensure the sweet potatoes don't burn.

No beef option – beef mince is replaced with **chicken mince**. Add oil to the pan when cooking.

 **VEG OPTION** – Ingredients are replaced with **vegetarian alternatives** – follow the cooking instructions as directed.



1. ROAST THE SWEET POTATOES

Set oven to 250°C.

Cut sweet potatoes into wedges. Toss with **oil and salt** on a large lined oven tray. Roast for 20–22 minutes or until tender and golden (see notes).




4. PREPARE FRESH INGREDIENTS

In the meantime, cut kernels off corn cob, dice tomatoes, capsicum and avocado.



2. BROWN THE MINCE


Heat a large frypan over medium-high heat. Add beef mince and cook for 6–8 minutes or until browned and 'dry'.

 **VEG OPTION** – Heat a frypan with oil over medium heat. Dice and add onion along with 2 tsp cumin. Cook until softened.



5. TOP THE FRIES


Top sweet potato fries with Mexican mince and prepared fresh ingredients.

 **VEG OPTION** – Top sweet potato fries with Mexican beans and prepared fresh ingredients.



3. STIR IN THE SALSA

Add salsa to mince and cook for 3–5 minutes or until reduced. Season with **2 tsp cumin** and **salt and pepper** to taste.

 **VEG OPTION** – Stir in drained beans and salsa. Simmer for 6–8 minutes. Season with salt and pepper.



6. FINISH AND SERVE

Serve tray at the table with dollops of nacho sauce and coriander leaves.

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

