



### Product Spotlight: Sweet Potato


Sweet potato isn't just for savoury dishes; because it is naturally sweet, you can add it to muffins, brownies or cakes!




## Beef Chipolata Tray Bake

### with Basil Chimichurri

A colourful traybake with sweet potato, cherry tomatoes, zucchini and grass-fed beef chipolata sausages, finished with a fresh basil chimichurri sauce.

 30 minutes

 2 servings

 Beef

19 May 2023

## Spruce it up!

*Add some dried chilli flakes to the chimichurri if you like some heat!  
You can crumble some feta cheese on top for a cheesy finish.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 20g     | 49g       | 64g           |

## FROM YOUR BOX

|                         |                 |
|-------------------------|-----------------|
| SWEET POTATOES          | 400g            |
| YELLOW CAPSICUM         | 1               |
| SHALLOT                 | 1               |
| ZUCCHINI                | 1               |
| CHERRY TOMATOES         | 1 packet (200g) |
| BEEF CHIPOLATA SAUSAGES | 300g            |
| BASIL                   | 1 packet (20g)  |
| GARLIC CLOVE            | 1               |

## FROM YOUR PANTRY

olive oil, salt, pepper, red wine vinegar, dried thyme, smoked paprika

## KEY UTENSILS

2 oven trays

## NOTES

You can cut the sweet potatoes into angular pieces or wedges if preferred.

You can add the vegetables and chipolatas to the tray with the sweet potatoes if you have room.



### 1. ROAST THE SWEET POTATOES

Set oven to 220°C.

Dice sweet potatoes and toss on a lined oven tray with **1/2 tsp thyme, olive oil, salt and pepper** (see notes). Roast for 25 minutes or until cooked through.



### 4. FINISH AND SERVE

Arrange sweet potatoes, roast vegetables and chipolatas on a serving plate or tray. Spoon over chimichurri to serve.



### 2. ROAST THE TRAYBAKE

Slice capsicum, shallot and zucchini into crescents. Add to a second lined oven tray with tomatoes and chipolata sausages (see notes). Toss with **1/2 tbsp smoked paprika, olive oil, salt and pepper**. Roast for 20 minutes.



### 3. MAKE THE CHIMICHURRI

Finely chop basil. Combine with 1 crushed garlic clove, **1 tsp dried thyme, 2 tbsp vinegar and 2 tbsp olive oil**. Season with **salt and pepper**.



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