



**Product Spotlight:
Chipotle**

Chipotle is a smoke-dried jalapeño with deep, smoky heat. A little goes a long way – add the spice mix gradually and taste as you go.



Chipotle Beef Strips

with Mashed Sweet Potato

Pan-seared beef strips with smoky chipotle spice, creamy sweet potato mash, garlicky green beans and fresh tomato-lime salsa.



30 minutes



Beef



2 servings

Bulk it up!

Stir a drained can of black beans through the green beans, or add smashed avocado on the side for extra creaminess.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	8g	56g

FROM YOUR BOX

SWEET POTATO	500g
TOMATO	1
LIME	1
CHIPOTLE SPICE MIX	1 packet
GREEN BEANS	150g
GARLIC CLOVE	1
BEEF STIR FRY STRIPS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

KEY UTENSILS

saucepan, frypan

NOTES

Chipotle has smoky heat. Add the Chipotle spice mix to taste for a milder or bolder salsa.

Add milk, cream or butter to the mash for extra flavour.

Chipotle spice mix ingredients: smoked paprika, brown sugar, dried oregano, ground Chipotle, garlic, ground coriander and ground cumin



1. BOIL THE SWEET POTATO

Peel (optional) and roughly chop **sweet potato**. Add to a saucepan and cover with water. Boil for 15 minutes or until tender. Drain and return to pan, see step 5.



2. MAKE TOMATO LIME SALSA

Halve **tomatoes** and grate, cut-side down, into a bowl. Discard skins. Add **zest and juice of 1/2 lime, 1 tsp Chipotle spice mix** (see notes), **2 tsp olive oil, salt and pepper**. Mix well.



3. SAUTÉ THE GREEN BEANS

Trim **green beans** and slice **garlic cloves**. Add to a frypan over medium-high heat with **oil** and cook for 5 minutes until **beans** are tender. Add a splash of **water** if needed. Remove from pan.



4. COOK THE BEEF

Toss **beef strips** with **oil, 1 tbsp Chipotle spice mix, salt and pepper**. Reheat frypan over high heat. Cook beef for 2-3 minutes, turning once, or until browned.



5. MASH THE SWEET POTATO

Add **1 tbsp olive oil or butter** to **sweet potato** and mash (see notes). Season well with **salt and pepper**.



6. FINISH AND SERVE

Divide **sweet potato mash** among plates. Top with **beef** and **green beans**. Spoon over **tomato-lime salsa**. Cut **remaining lime** into wedges to serve.



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