



### Product Spotlight: Coconut Milk

Coconut milk's principal medium-chain fatty acids are lauric acid and capric acid. Both are very nourishing, antimicrobial (great for your immune system), anti-inflammatory and healing to the digestive system.



## Beef Khorma Tray Bake

### with Sugar Snap Peas

This mild khorma curry paste from Island Curries makes a beautiful one-dish tray bake full of veggies and beef meatballs, served with fresh sugar snap peas and slices of red chilli.



40 minutes



4 servings



Beef

## Bulk it up!

*To get extra servings from this dish, serve with a side of cooked rice, naan, pappadums or cooked noodles.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 25g **CARBOHYDRATES** 54g

## FROM YOUR BOX

|                     |           |
|---------------------|-----------|
| SWEET POTATOES      | 800g      |
| RED ONION           | 1         |
| CHERRY TOMATOES     | 200g      |
| BEEF MINCE          | 600g      |
| KHORMA CURRY PASTE  | 2 sachets |
| TINNED COCONUT MILK | 400ml     |
| SUGAR SNAP PEAS     | 150g      |
| RED CHILLI          | 1         |

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

oven dish

## NOTES

Use oiled hands to roll the meatballs.

Remove the seeds from the chilli for milder heat.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut **sweet potato** into crescents. Wedge **red onion**. Add to a lined oven dish along with **cherry tomatoes**. Toss with **oil, salt and pepper**.



### 2. MAKE THE MEATBALLS

Mix **beef mince** with **salt and pepper**. Roll tablespoonfuls of mixture into meatballs (see notes) and add directly to oven dish.



### 3. ADD CURRY AND ROAST

Add **curry paste** and **coconut milk** to a jug. Whisk to combine. Pour into oven dish over meatballs and vegetables. Bake for 20–30 minutes until vegetables are tender.



### 4. PREPARE THE TOPPINGS

Trim and thinly slice **sugar snap peas**. Thinly slice **chilli** (see notes).



### 5. FINISH AND SERVE

Serve traybake tableside. Garnish with sugar snap peas and chilli slices.



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