



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



4/6 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
4/6 Person:	40g	8g	57g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
TOMATOES	2	3
LIME	1	2
CHIPOTLE SPICE MIX	1 packet	1 packet
GREEN BEANS	250g	250g + 150g
GARLIC CLOVES	2	2
BEEF STIR FRY STRIPS	600g	600g + 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



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1. BOIL THE SWEET POTATO

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



4. COOK THE BEEF

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

6P – use 2 – 2 1/2 tbsp spice mix.



2. MAKE TOMATO LIME SALSA

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

6P – add zest from 1 lime, juice from 2 limes, 2-3 tsp chipotle and 1 1/2 tbsp olive oil.



5. MASH THE SWEET POTATO

Add **2 tbsp olive oil** or **butter** to **sweet potato** and mash (see notes). Season well with **salt and pepper**.

6P – add 3 tbsp olive oil or butter.



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.



6. FINISH AND SERVE

Divide **sweet potato mash** among plates. Top with **beef** and **green beans**. Spoon over **tomato-lime salsa**.

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