



# CHEESY BEEF & VEGGIE LOADED SWEET POTATOES

with Sour Cream



Make speedy loaded sweet potatoes in the microwave



Carrot



Garlic



Cucumber



Beef Mince



Roma Tomato



Sweet Potato



Cheddar Cheese



Sour Cream



Pine Nuts



Souk Market Spice Blend



Tomato Paste



Zucchini

Hands-on: **35 mins**  
Ready in: **40 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Hearty and simple, this combination of sweet potato, delicious beef mince, melty cheese and a lovely dollop of sour cream with fresh veg will put a smile on everyone's dial.

**Pantry Staples:** Olive Oil

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fork, microwave, garlic crusher, box grater, large frying pan, wooden spoon, spoon** and an **oven tray** lined with **baking paper**.



### 1 COOK THE SWEET POTATO

Prick the **sweet potato** all over with a fork and place in the microwave for **8-10 minutes**. **TIP:** If you don't have a microwave, the sweet potatoes will take an extra 15-20 minutes to cook in the oven. Remove from the microwave and set aside to cool slightly. **TIP:** Don't worry if your potatoes are slightly under done as they will continue cooking in step 5!



### 2 GET PREPPED

While the **sweet potato** is in the microwave, preheat the oven to **220°C/200°C** fan-forced. Peel and crush the **garlic**. Grate the **zucchini**. Grate the **carrot**. Grate the **Cheddar cheese**. Finely dice the **cucumber** and **Roma tomato**.



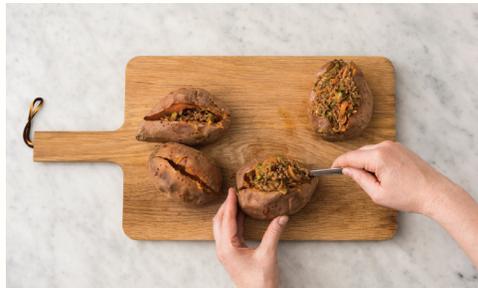
### 3 TOAST THE PINE NUTS

Heat a large frying pan over a medium-high heat. Add the **pine nuts** to the pan and cook, stirring regularly, for **3-4 minutes**, or until golden and toasted. Remove from the pan and set aside.



### 4 COOK THE BEEF

Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **beef mince** and cook, breaking up with a wooden spoon, for **4-5 minutes**, or until browned. Add the **souk market spice blend, salt (use suggested amount)** and a **good pinch of pepper** and stir through. Add the **tomato paste, zucchini, carrot and water (check ingredients list for the amount)** and cook for a further **2-3 minutes**, or until thickened. Remove from the heat.



### 5 FINISH THE LOADED SWEET POTATOES

While the beef is cooking, slice the sweet potato open lengthways, being careful not to slice all the way through. Season well with salt and pepper. **TIP:** You can rub butter on the sweet potato for some extra flavour if you like. Spoon in some of the beef **mixture** and top with some **grated Cheddar** cheese. **TIP:** You can use a spoon and remove some of the sweet potato flesh to make room for more beef if you like. Place the sweet potatoes on the oven tray lined with baking paper and bake in the oven for 5-6 minutes, or until the cheese has melted.



### 6 SERVE UP

Divide the cheesy beef & veggie loaded sweet potatoes between plates. Serve any excess mince on the side. Top with a dollop of **sour cream**, cucumber and Roma tomato. Sprinkle over the pine nuts.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	800 g
garlic	2 cloves
zucchini	1
carrot	1
Cheddar cheese	1 small block (50 g)
cucumber	1
Roma tomato	1
pine nuts	1 packet
beef mince	1 packet
souk market spice blend	1 sachet (1 tbs)
salt*	½ tsp
tomato paste	1 sachet (50 g)
water*	¼ cup
sour cream	1 tub

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2330kJ (556Cal)	379kJ (91Cal)
Protein (g)	38.3g	6.2g
Fat, total (g)	25.9g	4.2g
- saturated (g)	13.0g	2.1g
Carbohydrate (g)	38.3g	6.2g
- sugars (g)	19.6g	3.2g
Sodium (g)	519mg	85mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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