

Webfid00260hero lambandspicysweetpotatoes

Lamb and Spicy Sweet Potatoes

with Lime Yoghurt



20-30min



4 Portions

The combination of tender sweet potatoes and zingy yoghurt dressing is so delicious, you'll never want to eat your roasted vegetables any other way! With the lean lamb steaks and easy buttered greens, this is a moreish meal everyone will love.

What we send

- Greek-style yoghurt ⁷
- green peas
- lamb leg steak
- coriander
- green beans
- lime
- dried chilli flakes
- sweet potato

What you'll require

- butter ⁷
- olive oil
- salt and pepper

Utensils

- baking paper
- Colander
- large frypan
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

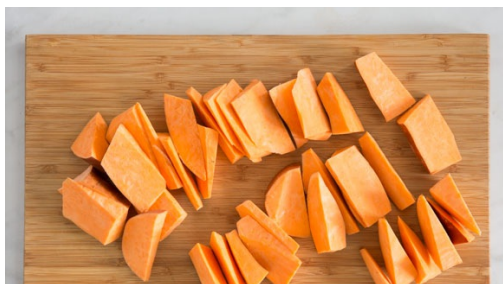
If the kids don't like chilli, only sprinkle the parents' portion of sweet potato with the chilli before cooking.

Allergens

Milk (7). May contain traces of other allergens.

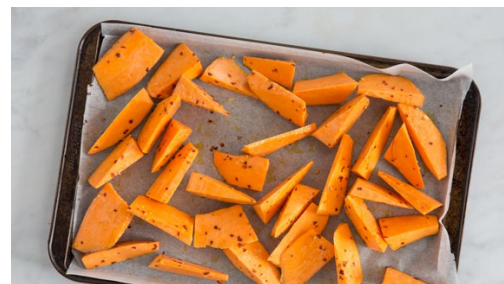
Nutrition per serving

Energy 670.0kcal, Fat 22.1g, Proteins 40.7g, Carbs 66.6g



1. Prepare sweet potato

Preheat oven to 220C with oven racks in upper and lower thirds. Cut the **sweet potato** lengthwise into 2cm wedges.



2. Roast sweet potato

Toss the **sweet potato** on a lined oven tray with the **dried chilli flakes** to taste (see cooking tip) and 2 tbs **oil**. Season with **salt**. Roast for 25-30 mins until golden and tender.



3. Make yoghurt sauce

Meanwhile, pick the **coriander** leaves (discard stems). Reserve a few leaves for garnish, then chop remaining leaves and mix with the **yoghurt** in a small bowl. Zest the **lime** and add to the yoghurt, adding water to create a thinner consistency, if desired. Season with **salt and pepper**. Bring a small saucepan of salted water to the boil. Trim the **green beans**.



4. Sear steak

Meanwhile, heat 1 tbs **oil** in a large frypan over high heat. Season the **steaks** with **salt and pepper**. Cook for 3 mins or until a deep crust forms. Turn and cook for a further 3 mins or until steak is well browned. Set aside to rest for 2 mins.



5. Cook beans

Meanwhile, cook the **beans** in the pan of boiling water for 3-4 mins until tender, adding the **peas** for the last min of cooking time. Drain and return to the pan with 20g **butter**. Toss to coat.



6. Get ready to serve

Cut the **lime** into wedges. Slice the **steak**, removing any excess fat, if desired. Serve with the **sweet potato**, **beans** and **peas**. Serve **yoghurt sauce** on the side with **lime wedges** and **coriander** to garnish.