

MARLEY SPOON



Southern BBQ Beef

with Potato Wedges



20-30min



2 Portions

Get all the lip-smacking wallop of Southern-style bbq in a simple mid-week dinner. The clever use of seasoning lifts this simple one-pan dish of beef with a rich tomato and capsicum sauce, infusing it with a very savoury and smoky flavour. It's big on taste, but low on fuss.

What we send

- Greek-style yoghurt ⁷
- potato
- onion
- coriander, celery, garlic
- sweet potato
- BBQ beef mince ¹⁷
- diced tomatoes
- capsicum

What you'll require

- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper
- sugar
- water

Utensils

- baking paper
- large deep frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Due to quality issues we had to swap out the red onion. But don't worry, the dish is just as delicious with the brown onion provided.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 725kcal, Fat 35.1g, Carbs 49.2g, Proteins 45.7g



1. Prepare vegetables

Preheat the oven to 220C. Line an oven tray with baking paper. Finely chop or crush the **garlic**. Thinly slice the **onion** (see cooking tip) and **celery**. Thinly slice the **capsicum**, discarding the seeds and membrane. Finely chop the **coriander** leaves and stems.



2. Roast wedges

Cut the unpeeled **potato** and **sweet potato** in half lengthwise then cut lengthways into 2cm-thick wedges. Put on the lined tray, drizzle with **1 tbs olive oil** and toss to coat. Season with **salt and pepper**. Roast wedges for 25-35 mins until tender and golden.



3. Cook vegetables

Meanwhile, heat **1 tbs olive oil** in a large deep frypan over medium heat-high. Cook the **onion, celery** and **garlic**, stirring, for 3 mins or until softened.



4. Add beef

Add the **beef** and cook, stirring, for 3-4 mins, breaking up the mince with the back of a spoon until browned. Add the **capsicum** and cook, stirring, for 1 min or until starting to soften.



5. Simmer beef

Add the **tomatoes, 2 tsp vinegar, ½ tsp sugar** and **125ml (½ cup) water** and bring to the boil. Reduce the heat to medium-low and simmer for 10-15 mins, stirring occasionally, until thickened. Season with **salt and pepper**.



6. Get ready to serve

Stir the **coriander** into the **beef mixture**. Divide **beef** and **wedges** among plates. Serve with the **yoghurt**.