



Spicy Beef with Sweet Potato Wedges

Ingredients

500g minced beef
1 onion chopped
1 garlic clove crushed
1 pepper chopped
2 sticks of celery
½ a courgette chopped
1 tin of tomato
1 tin of beans (any will do)
1 tablespoon of tomato puree
1 teaspoon chilli powder
Handful of coriander
Lime
Spray olive oil
4 sweet potato – cut into wedges

Method

Spray the sweet potato with a little olive oil and place in an oven proof dish. Place in a pre-heated oven at 180°C and cook for 25 minutes until crisp. In a large non-stick pan cook the onions, garlic, pepper, celery and courgette in a little oil until soft, 8 minutes. Add the mince and cook until browned (8-10 minutes) add the chilli powder, tomato puree, beans and tin of tomatoes and gently simmer for 15 minutes. Serve the wedges with the spicy beef and a large serving of salad, sweetcorn and avocado. Top with lime wedges and a handful of chopped coriander.