Paprika Turkey Mince with Sweet Potato Coins

2 generous plates, each with half the roasted sweet potato and turkey-pepper mixture · Active 25 min · Total 55 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 2 medium sweet potatoes, scrubbed and trimmed (400 g raw, skin on)

• 10 1/2 oz 93%-lean ground turkey (300 g raw)

• 1 medium onion, diced (100 g)

• 1 red bell pepper, stem and seeds removed, diced (150 g prepared)

• 2 medium tomatoes, diced (200 g)

• 1 tablespoon olive oil (15 ml/about 13.5 g), divided: 10 ml tray, 5 ml skillet

• 2 teaspoons sweet paprika (4 g)

• 1/2 teaspoon ground cumin (1 g)

• 1/3 teaspoon fine salt (2 g), divided

• 1/8 teaspoon black pepper (0.3 g)

• 1/4 cup drinking water (60 ml)

Set out

Large rimmed baking tray, about 33 x 45 cm/13 x 18 inches, Oven, 28 cm/11-inch skillet, Spatula, Knife and board, Kitchen scale, Food thermometer, 2 plates

Allergens

No major US allergens intentionally added; check the actual paprika and turkey labels for added ingredients. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Cut sweet potatoes into 1 cm/3/8-inch coins. Toss on the tray with 10 ml oil and half the salt. Spread in one layer and roast for 30–35 minutes, turning halfway, until browned at the edges and tender through the middle.

2. While the tray roasts, heat the remaining 5 ml oil in the skillet over medium heat. Cook onion for 5 minutes, stirring, then add the pepper and cook for 4 minutes.

3. Add turkey and break into small crumbles. Cook for 7–9 minutes, stirring and turning, then add paprika, cumin, tomato, water, remaining salt and pepper. Simmer for 6–8 minutes until the vegetables are tender and the mixture is moist rather than watery. Check turkey reaches 165°F/74°C, cooking longer if needed.

4. Divide the sweet potato coins and turkey mixture between 2 plates. Spoon all the measured pan juices over the turkey.

A useful kitchen skill

Coordinate two heat sources: start the tray first, then build the skillet mixture while the roots roast. Use tenderness and temperature rather than matching two timers blindly.

A useful detail

The 55-minute total assumes the skillet work overlaps the tray roasting. Use a large enough tray for a single layer; a smaller tray may require two trays or more time.

Keep it well

Cool leftovers promptly in shallow containers and refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 3 days. Reheat turkey and potatoes to 165°F/74°C throughout; spread the coins out if reheating in an oven.