



DropChef **Olly's Hot Honey Irish Beef Bowl**

A vibrant, protein-packed dish featuring tender Irish beef mince seasoned with garlic, cumin, and smoked paprika, served over roasted sweet potato. Fresh salad leaves, juicy cherry tomatoes, and tangy red onion add crunch and brightness, while low-fat sour cream and a drizzle of Olly's signature hot honey bring creamy, sweet-spicy balance. A splash of red wine vinegar ties it all together for a fresh yet hearty flavor.

Ingredients

- Irish Beef Mince
- Mixed Leaves
- Garlic Clove
- Sweet Potato
- Red Onion
- Cherry Tomatoes
- Olly's Hot Honey
- Red Wine Vinegar
- Sour Cream
- Mayonnaise
- Spice Mix
 - Cumin
 - Smoked Paprika

Your Pantry

- Olive Oil
- Salt & Pepper

Nutritional Info

Calories: 524 kcal
 Carbohydrates: 70 g
 Protein: 33 g
 Fat: 12 g

Allergens

- Milk (Sour Cream)
- Egg (Mayonnaise)
- Mustard (Mayonnaise)
- Sulphites (Red Wine Vinegar)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Preheat the oven to 200°C

2) Roast the sweet potatoes

Cut the sweet potatoes into small cubes. Spread out on a baking tray and drizzle with olive oil. Season with salt and pepper and use your hands to toss until the potatoes are coated. Place in the oven for 30 minutes or until done to your liking - make sure to toss halfway through.

3) Prepare the vegetables

Cut the tomatoes into quarters. Peel the onion and cut in half. Slice one half into thin slices for the pickled onions and chop the other half finely for the beef mix. Add the slices to a small bowl or cup with the vinegar, mixing well before setting aside. Peel and crush the garlic.

4) Cook the beef

Place a frying pan on medium heat with a drizzle of oil. Once hot, add the onion, frying for about 3-4 minutes or until soft. Add the beef and garlic to the pan, using a spatula to break it up into small pieces. Cook for a further 3-4 minutes, then add in the spice mix and cook for a final 2 minutes before turning off the heat.

5) Assemble the bowl

Add the sweet potatoes and top with the beef. Assemble the tomatoes and mixed leaves with the pickled onion alongside. Top the plate with a spoon of sour cream and drizzle over the hot honey (you may find it easier to gently heat the honey beforehand). Enjoy!



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