

# Indonesian Style Mango Salad and Peanut Dressing

## with Roasted Sweet Potato and Pickled Onion

Fruits Galore 30-40 Minutes • Mild Spice • 4 of your 5 a day • Veggie



Sweet Potato



Red Onion



Red Wine Vinegar



Baby Plum Tomatoes



Baby Gem Lettuce



Mango



Sambal Paste



Soy Sauce



Peanut Butter



Coleslaw Mix



Bright, refreshing and full of colour, this Indonesian Style Mango Salad and Peanut Dressing is a salad worth savouring! Packing six different kinds of fruit and veg, this glorious salad tosses everything with an easy peanut dressing that has a spicy kick from fragrant sambal.

**Pantry Items**

Oil, Salt, Pepper, Sugar, Olive Oil



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	1½	2
Red Onion	1	1½	2
Red Wine Vinegar <b>14)</b>	24ml	36ml	48ml
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	2	2
Mango**	1	1½	2
Sambal Paste	15g	22g	30g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Peanut Butter <b>1)</b>	30g	45g	60g
Coleslaw Mix**	120g	180g	240g
Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	2 tsp	3 tsp	4tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>597g</b>	<b>100g</b>
Energy (kJ/kcal)	2081 /497	349 /83
Fat (g)	19.3	3.2
Sat. Fat (g)	3.4	0.6
Carbohydrate (g)	71.9	12.0
Sugars (g)	48.2	8.1
Protein (g)	11.8	2.0
Salt (g)	1.95	0.33

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **11)** Soya **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

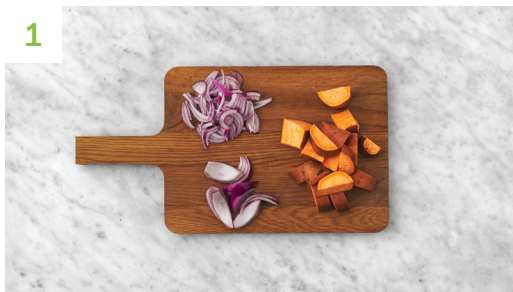
Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Prep Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 1cm chunks (no need to peel).

Halve and peel the **red onion**. Cut one half into 4 wedges and thinly slice the other half.



## Make your Peanut Dressing

In a large bowl, combine the **sambal**, **soy sauce**, **peanut butter** and remaining **red wine vinegar** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). **TIP:** If your peanut butter has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Toss through the **baby plum tomatoes** and **coleslaw mix**, then set aside.

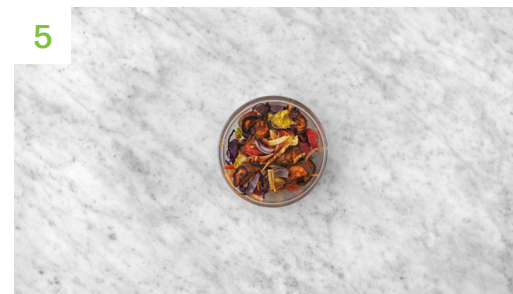


## Get Roasting

Pop the **potato chunks** and **onion wedges** onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



## Toss the Salad

Once your **potatoes** are cooked, toss through the **dressing** with the **baby gem lettuce** and **pickled onion**, along with the **pickling juices**.



## Finish the Prep

Meanwhile, add the **sliced onion** to a small bowl with the **sugar for the pickle** (see pantry for amount) and **half the red wine vinegar** and toss to coat. Set aside.

Halve the **baby plum tomatoes**.

Trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Peel the **mango**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mango** into 1cm pieces (discard the stone).



## Serve Up

Share your **salad** between your serving bowls.

Top with the **mango**.

## Enjoy!