



Mexican Style Roasted Sweet Potato Salad with Garlic Croutons and Feta

Classic 35 Minutes • Little Spice • 4 of your 5 a day

21



Sweet Potato



Mexican Style Spice Mix



Bell Pepper



Red Onion



Garlic Clove



Lime



Avocado



Honey



Coriander



Baby Gem Lettuce



Ciabatta



Feta Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Zester and Bowl.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	1	2
Red Onion**	1	1	2
Garlic Clove	2	3	4
Lime**	1	1	1
Avocado**	1	1½	2
Honey	1 sachet	2 sachets	2 sachets
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp
Coriander**	1 bunch	1 bunch	1 bunch
Baby Gem Lettuce**	1	1½	2
Ciabatta 11) 13)	1	1½	2
Feta Cheese 7) **	50g	75g	100g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	2422/579	469/112
Fat (g)	31	6
Sat. Fat (g)	8	2
Carbohydrate (g)	68	13
Sugars (g)	22	4
Protein (g)	13	2
Salt (g)	1.35	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1



Roast the Sweet Potato

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm wide **chunks** (no need to peel). Put the **sweet potato chunks** onto a large, low-sided, baking tray. Drizzle with **oil**, season with the **Mexican style spice mix**, **salt** and **pepper** then toss to coat. Spread out in a single layer. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through. **TIP:** Use two baking trays if necessary - you want the potato nicely spread out.

4



Finish the Prep

Roughly chop the **coriander** (stalks and all). Pop **half** of the **coriander** into the bowl with the **avocado** and season with **salt** and **pepper**. Mix and set aside. Trim the root from the **baby gem lettuce**, halve lengthways, then thinly slice widthways.

2



Start the Prep

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Pop the **pepper**, **red onion** and **half** of the **garlic** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Roast on the middle shelf of your oven until soft and slightly charred, 20-25 mins.

5



Bake the Croutons

When there are 5 mins of cooking time remaining, tear the **ciabatta** into 2cm chunks. Pop them into a bowl. Drizzle with **oil**, season with **salt**, **pepper** and the remaining **garlic**, toss to coat. Pop the **croutons** on top of the **sweet potato** and bake until golden, 4-5 mins.

3



Prep the Avocado

Zest and halve the **lime**. Slice lengthways into the **avocado**. Once you reach the stone, turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop the flesh and chop into 1cm chunks. Pop into a large bowl with all of the **lime zest** and **juice**. Add the **honey** and **oil for the dressing** (see ingredients for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

6



Serve

When everything is ready, pop the **roasted sweet potato**, **bell pepper**, **red onion**, **croutons** and **baby gem** into the bowl with the **avocado**. Mix well. Share between your bowls, crumble over the **feta** and sprinkle over the remaining **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.