



Mexican Style Roasted Sweet Potato Salad

with Garlic Croutons and Avocado

23

Calorie Smart 30-35 Minutes • Mild Spice • 4 of your 5 a day • Veggie • Under 650 Calories



Sweet Potato



Mexican Style
Spice Mix



Green Pepper



Red Onion



Garlic Clove



Lime



Avocado



Coriander



Baby Gem
Lettuce



Ciabatta



Greek Style
Salad Cheese

Pantry Items
Olive Oil, Sugar

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, fine grater and bowl.

Ingredients

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	516g	100g
Energy (kJ/kcal)	2392 /572	464 /111
Fat (g)	30	6
Sat. Fat (g)	9	2
Carbohydrate (g)	64	12
Sugars (g)	16	3
Protein (g)	13	2
Salt (g)	1.44	0.28

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing gluten

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, milk, egg, mustard, celery, soya, 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.

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Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **sweet potato** into 2cm chunks (no need to peel). Put the **sweet potato chunks** onto a large 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. **TIP:** Use *two baking trays if necessary*. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



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 **baby gem**, halve lengthways, then thinly slice widthways.



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.



Bake the Croutons

When the **sweet potato** has 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.



Avocado Time

Zest and halve the **lime**. Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh onto a board and chop into 1cm chunks. Pop into a large bowl with all of the **lime zest** and **juice**. Add the **olive oil for the dressing** and **sugar** (see ingredients for both amounts).



Assemble and Serve

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

Enjoy!

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