



Mexican Style Roasted Sweet Potato Salad with Garlic Croutons and Baby Gem

19

Classic 30-35 Minutes • Mild Spice • 4 of your 5 a day



Sweet Potato



Mexican Style Spice Mix



Bell Pepper



Red Onion



Garlic Clove



Lime



Avocado



Honey



Baby Gem Lettuce



Ciabatta



Greek Style Salad Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg 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

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
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
Baby Gem Lettuce**	1	1½	2
Ciabatta 13	1	1½	2
Greek Style Salad Cheese** 7	50g	100g	100g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*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	658g	100g
Energy (kJ/kcal)	3025 /723	460 /110
Fat (g)	30.4	4.6
Sat. Fat (g)	8.7	1.3
Carbohydrate (g)	98.7	15.0
Sugars (g)	31.2	4.7
Protein (g)	13.6	2.1
Salt (g)	1.58	0.24

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	703g	100g
Energy (kJ/kcal)	3513 /840	500 /119
Fat (g)	39.5	5.6
Sat. Fat (g)	11.6	1.7
Carbohydrate (g)	99.7	14.2
Sugars (g)	31.2	4.5
Protein (g)	21.3	3.0
Salt (g)	2.81	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

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). Pop 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.



Bring on the Baby Gem

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**, **onion** and **half** the **garlic** onto another 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 5 mins of cooking time remain, tear the **ciabatta** into 2cm chunks and pop into another bowl.

Drizzle with **oil**, then season with **salt**, **pepper** and the remaining **garlic**. Toss to coat.

Add the **croutons** to the **sweet potato** tray and bake until golden, 4-5 mins.

CUSTOM RECIPE

If you've chosen to add **bacon lardons** to your meal, add them to the baking tray with the **croutons** and continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.



Avocado Time

While everything roasts, 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 the **avocado** into a large bowl with the **lime zest**, **juice**, **honey** and **olive oil for the dressing** (see ingredients for amount). **TIP:** If your honey has hardened, pop into a bowl of hot water for 1 min. Season with **salt** and **pepper**, then set aside.



Assemble and Serve

When everything is ready, add the **roasted sweet potato**, **pepper**, **onion**, **croutons** and **sliced baby gem** into the **avocado** bowl and mix well.

Share the **salad** between your bowls, then crumble over the **Greek style salad cheese** to finish.

Enjoy!