



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFresh and #myHelloFresh. You'll be entered into our weekly photo contest!



Mustard Seed Green Bean Salad with Roasted Sweet Potato

The embodiment of summer, this dish is bursting at the seams with colour, flavour and all sorts of zingy bits. Combining the nutritional powerhouse that is the sweet potato, with ginger, lemon, garlic and chilli, it'll get your tastebuds doing backflips and your metabolism feeling like it's on a spa day. Once we've made the dip, we leave it out of the fridge to let the ginger and citrus flavours really infuse, before diving in with the potato wedges. Perfect!



30 min



veggie



gluten free



Sweet Potato



Coriander Seeds



Red Onion



Red Chilli



Garlic Clove



Ginger



Crème Fraîche



Lemon



Green Beans



Sugar Snap Peas



Peas



Mustard Seeds



Nigella Seeds

Ingredients

	2P	4P
Sweet Potato, chopped	2	4
Coriander Seeds, crushed	1 tsp	2 tsp
Red Onion, diced	¾ cup	1½ cups
Red Chilli, diced	½ tbsp	1 tbsp
Garlic Clove, diced	1	2
Ginger, diced	1 tsp	2 tsp
Crème Fraîche 1	4 tbsp	7 tbsp
Lemon	½	1
Green Beans	1 cup	2 cups
Sugar Snap Peas	½ cup	1 cup
Peas	½ cup	1 cup
Mustard Seeds 2	½ tsp	1 tsp
Nigella Seeds	½ tsp	1 tsp

⊕ May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | 2) Mustard

Nutrition per serving: Calories: 424 kcal | Protein: 12 g | Carbs: 60 g | Fat: 16 g | Saturated Fat: 13 g



1

1 Pre-heat the oven to 220 degrees and boil a large pan of water. Wash the sweet potatoes (you don't need to peel them), cut them in half lengthways, then cut each half into thirds lengthways. Crush the coriander seeds (using a pestle and mortar or a spoon), peel and dice the onion, chilli and garlic. Top and tail your green beans.



2

2 Coat the sweet potatoes all over in 1 tbsp of olive oil and season well with salt and pepper. Put them in the oven for 25 mins or until they are cooked through and a little crispy around the edges.



4

3 Peeling ginger is easy. Simply use the edge of a spoon to scrape off the skin. No waste and no fuss! Now dice up the peeled ginger nice and finely.



8

4 To make a dip for your potatoes simply mix the crème fraîche with a few grates of lemon zest (save some lemon zest for the greens), 2 tsp of lemon juice and a tsp of the fresh ginger. Test the dip for seasoning and add a little more salt, pepper

and lemon to the mix if you need to.

5 Blanch (i.e. quickly boil) the green beans, sugar snap peas and peas for 2 mins, then drain the whole pan. Immediately refill the pan with cold water and put the vegetables back in to stop the cooking process. After a few mins drain them and pat them dry.

6 Cook the crushed coriander seeds and the mustard and nigella seeds in 2 tsp of oil, in a small pan on medium heat. When the seeds start to pop take the pan off the heat and pour the oil and the seeds over the beans and peas.

7 Next, add in the red onion, chilli, garlic and a bit of lemon zest (not the bitter white part though). Mix gently but thoroughly and then season with as much salt and pepper as necessary.

8 When everything is all mixed together nicely, serve the bean salad with your potatoes and dip on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!