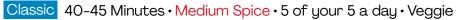


Warm Cajun Sweet Potato Salad

with Avocado and Greek Style Cheese









Ciabatta





Cajun Spice Mix







Cider Vinegar **Medium Tomato**



Avocado



Baby Leaf Mix



Greek Style Salad Cheese



Pumpkin Seeds

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 and bowl.

Ingredients

Ingredients	2P	3P	4P
Ciabatta 13)	1	2	2
Sweet Potato	2	3	4
Cajun Spice Mix	1 sachet	2 sachets	2 sachets
Bell Pepper***	1	11/2	2
Cider Vinegar 14)	30ml	45ml	60ml
Medium Tomato	1	2	2
Avocado	1	2	2
Baby Leaf Mix**	50g	75g	100g
Greek Style Salad Cheese** 7)	50g	100g	100g
Pumpkin Seeds	15g	25g	30g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
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

Tupical Values	Per serving	Per 100g
for uncooked ingredient	581g	100g
Energy (kJ/kcal)	3042 /727	524/125
Fat (g)	33.6	5.8
Sat. Fat (g)	8.7	1.5
Carbohydrate (g)	89.1	15.3
Sugars (g)	27.7	4.8
Protein (g)	17.0	2.9
Salt (g)	1.58	0.27
Salt (g)	1.58	0.27

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

Allergens

7) Milk 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, milk, egg, mustard, celery, soya, gluten and sulphites.

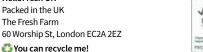
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Bake your Croutons

and pepper, and toss to coat well.

Preheat your oven to 220°C/200°C fan/gas mark 7. Tear the ciabatta into roughly 2cm chunks.

Pop the **ciabatta chunks** onto a large baking tray in a single layer. Drizzle with oil, season with salt

When the oven is hot, bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and transfer to a plate.



Sweet Potato Time

Meanwhile, chop the sweet potatoes into 2cm chunks (no need to peel).

Put the sweet potato chunks onto a large baking tray. Drizzle with oil, season with salt and pepper, then sprinkle over the Cajun spice mix (add less if you'd prefer things milder). Toss to coat.

Spread out in a single layer. TIP: Use two baking trays if necessary.

Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



Roast the Pepper

While everything cooks, halve the bell pepper and discard the core and seeds. Slice into thin strips.

Once the **croutons** are done, pop the **pepper** onto the (now empty) baking tray. Drizzle with oil, season with salt and pepper, then toss to coat.

Roast the **pepper** on the middle shelf until soft and slightly charred, 15-18 mins.



Make the Dressing

Meanwhile, in a large bowl, mix together the cider vinegar, honey and olive oil for the dressing (see pantry for both amounts). Season with salt and pepper.

Cut the **tomato** into 1cm chunks and add to the dressing.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board in one piece, then thinly slice widthways. Season with salt and pepper.



Combine your Salad

When everything's ready, add the **Cajun sweet** potato, roasted pepper, baby leaves and croutons to the bowl of tomatoes and dressing. Gently toss to combine.



Finish and Serve

Share your warm sweet potato salad between your bowls, then fan out the **avocado** on top. Finish by crumbling over the Greek style salad cheese and sprinkling with the pumpkin seeds.

Enjoy!