



Warm Cajun Sweet Potato Salad with Avocado and Greek Style Cheese

Classic 40-45 Minutes • Medium Spice • 5 of your 5 a day • Veggie

4



Ciabatta



Sweet Potato



Cajun Spice Mix



Bell Pepper



Cider Vinegar



Medium Tomato



Avocado



Baby Leaf Mix



Greek Style Salad Cheese



Pumpkin Seeds

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

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 | 1½ | 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

| Typical Values for uncooked ingredient | Per serving | Per 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 |

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

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** and **pepper**, and toss to coat well.

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.



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**.



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.



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.



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.



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!