



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

19

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



Sweet Potato



Mexican Style Spice Mix



Bell Pepper



Red Onion



Garlic Clove



Lime



Baby Gem Lettuce



Avocado



Ciabatta



Honey



Greek Style Salad Cheese



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil

CUSTOM RECIPE

If you chose to add 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	1½	2
Baby Gem Lettuce**	1	1½	2
Avocado	1	1½	2
Ciabatta 13	1	1½	2
Honey	15g	30g	30g
Greek Style Salad Cheese** 7	50g	75g	100g
Chicken Breast**	2	3	4

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

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	639g	100g	799g	100g
Energy (kJ/kcal)	3022 /722	473 /113	3779 /903	473 /113
Fat (g)	30.7	4.8	34.2	4.3
Sat. Fat (g)	8.3	1.3	9.3	1.2
Carbohydrate (g)	98.6	15.4	98.8	12.4
Sugars (g)	32.5	5.1	32.7	4.1
Protein (g)	15.9	2.5	54.7	6.8
Salt (g)	1.65	0.26	1.97	0.25

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

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.

Contact

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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 them onto a large baking tray. Drizzle with **oil**, sprinkle over the **Mexican style spice mix**, then season with **salt** and **pepper**. 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.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, pop it onto another baking tray, drizzle with **oil** and season. Roast on the middle shelf until cooked through, 25-30 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**



Bake the Croutons

Tear the **ciabatta** into roughly 2cm chunks.
When the **sweet potato** has 10 mins remaining, remove the tray from the oven and add the **croutons** alongside. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Return the tray to the oven and bake on the top shelf until golden, 8-10 mins.



Bring on the Veg

Halve the **bell 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 **sliced pepper, onion** and **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.



Get Prepped

While everything roasts, zest and halve the **lime**.

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

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board and chop into 1cm chunks.



Dress the Avocado

Meanwhile, pop the **avocado chunks** into a large bowl with the **lime zest** and **juice, honey** and **olive oil for the dressing** (see pantry for amount).

TIP: If your honey has hardened, pop into a bowl of hot water for 1 min.

Season with **salt** and **pepper** and mix well.



Assemble and Serve

When everything's ready, add the **roasted sweet potato, croutons, pepper, onion** and **sliced baby gem** to the **avocado** bowl and toss to combine.

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

Enjoy!

CUSTOM RECIPE

Cut the **chicken** widthways into 2cm thick slices, then serve on top of your **salad**.