



Mexican Style Roasted Veg Salad with Garlic Croutons and Greek Style Cheese

Classic 35-40 Minutes • Mild Spice • 5 of your 5 a day • Veggie

4



Red Onion



Medium Tomato



Garlic Clove



Ciabatta



Sweetcorn



Lime



Avocado



Mixed Beans



Chipotle Paste



Wild Rocket



Greek Style
Salad Cheese

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey

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, sieve, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1½	2
Medium Tomato	2	3	4
Garlic Clove**	3	4	6
Ciabatta 13)	1	2	3
Sweetcorn	150g	225g	300g
Lime**	1	1½	2
Avocado	1	1½	2
Mixed Beans	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Wild Rocket**	20g	30g	40g
Greek Style Salad Cheese** 7)	50g	75g	100g

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	3 tbsp	4½ tbsp	6 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2788 /666	463 /111
Fat (g)	35.9	6.0
Sat. Fat (g)	9.1	1.5
Carbohydrate (g)	63.0	10.5
Sugars (g)	22.3	3.7
Protein (g)	21.3	3.5
Salt (g)	1.59	0.26

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 Veg

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve and peel the **red onion**, then cut each half into 3 wedges. Cut the **tomatoes** into 2cm chunks.

Pop both **veg** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the oven is hot, roast on the top shelf until softened, 12-15 mins.



Bean Time

Next, drain the **mixed beans** in a sieve. Reduce the heat of the pan to medium-high and add a drizzle of **oil**.

Add the remaining **garlic** to the **sweetcorn** and stir-fry for 1 min. Stir in the **mixed beans** and **chipotle paste** (add less if you'd prefer things milder). Season with **salt** and **pepper** and cook for 1-2 mins more.



Make the Croutons

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Tear the **ciabatta** into roughly 2cm chunks and add to another baking tray. Add **half** the **garlic**, drizzle with **olive oil** and toss to coat well.

Bake the **garlic croutons** on the middle shelf of your oven until golden, 8-10 mins, then remove from the oven and set aside.



Bring on the Salad

While the **bean mixture** cooks, in a large bowl, squeeze in the **lime juice** and add the **lime zest**.

Stir in the **honey** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix together.

When everything's ready, add the **roasted veg**, **bean mixture**, **avocado** and **rocket** to the bowl. Taste and season if needed, then mix to combine.



Char the Corn

While everything cooks, drain the **sweetcorn** in a sieve. Heat a large frying pan on high heat (no oil).

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

While the **sweetcorn** cooks, zest and halve the **lime**. Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Cut into 1cm chunks.



Serve

Add the **garlic croutons** to the **salad**, then toss to coat in the **dressing**.

Divide the **Mexican style salad** between your bowls.

Crumble over the **Greek style salad cheese** to finish.

Enjoy!