



Warm Cajun Sweet Potato Salad with Avocado and Goat's Cheese

42

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



Ciabatta



Sweet Potato



Cajun Spice Mix



Bell Pepper



Cider Vinegar



Medium Tomato



Avocado



Baby Leaf Mix



Goat's Cheese



Pumpkin Seeds



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Honey, 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 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
Goat's Cheese** 7	75g	113g	150g
Pumpkin Seeds	15g	25g	30g
Bacon Lardons**	90g	120g	180g

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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	593g	100g	638g	100g
Energy (kJ/kcal)	3222 / 770	543 / 130	3709 / 887	581 / 139
Fat (g)	37.4	6.3	46.5	7.3
Sat. Fat (g)	10.8	1.8	13.7	2.2
Carbohydrate (g)	89.7	15.1	90.6	14.2
Sugars (g)	28.4	4.8	28.4	4.5
Protein (g)	19.0	3.2	26.7	4.2
Salt (g)	1.43	0.24	2.65	0.42

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.

CUSTOM RECIPE

If you're adding **lardons**, add them to the other side of your tray of **croutons** (use another tray if necessary). Bake with the **croutons** until golden, 8-10 mins, then continue as instructed.

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Start your Salad

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**. Set aside for serving.



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.



All Together Now

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, set aside for now. Pop the **sliced 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** in the centre of your **salad**.

Finish by crumbling over the **goat's cheese** and sprinkling with the **pumpkin seeds**.

Enjoy!