



Warm Cajun Sweet Potato Salad with Avocado and Greek Style Cheese

42

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



Ciabatta



Sweet Potato



Cajun Spice Mix



Bell Pepper



Ranch Dressing



Medium Tomato



Avocado



Baby Leaf Mix



Greek Style Salad Cheese



Pumpkin Seeds



Diced Chorizo

Pantry Items
Oil, Salt, Pepper

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. Ingredients in red are hot!

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
Ranch Dressing 7 8 9	60g	90g	120g
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	25g
Diced Chorizo**	90g	120g	180g

*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	580g	100g	650g	100g
Energy (kJ/kcal)	3184 / 761	549 / 131	4295 / 1026	661 / 158
Fat (g)	39.6	6.8	61.6	9.5
Sat. Fat (g)	9.7	1.7	19.8	3.0
Carbohydrate (g)	84.1	14.5	85.7	13.2
Sugars (g)	22.1	3.8	22.5	3.5
Protein (g)	17.4	3.0	32.4	5.0
Salt (g)	1.96	0.34	5.09	0.78

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

Allergens

7) Milk 8) Egg 9) Mustard 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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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.

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



Bring on the Ranch

Add the **ranch dressing** to a large bowl.

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

Put the **sweet potato chunks** onto a large baking tray. Drizzle with **oil** and season, 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.

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



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

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.

CUSTOM RECIPE

If you've chosen to add **diced chorizo**, while everything cooks, heat a pan on medium-high heat (no oil). Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins, then continue as instructed. The **chorizo** will be combined with the other **salad** ingredients in step 5.



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 **Greek style salad cheese** (see ingredients for amount) and sprinkling with the **pumpkin seeds**.

Enjoy!