



# Loaded Honey Peri Peri Smashed Potatoes

with Charred Corn Salsa, Greek Style Cheese and Guacamole

19

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day



Salad Potatoes



Peri Peri Seasoning



Lime



Honey



Sweetcorn



Medium Tomato



Avocado



Greek Style Salad Cheese



Soured Cream



Bacon Lardons

### 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. Ingredients in **red** are hot!

## Cooking tools

Baking tray, fine grater, bowl, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	700g	1050g	1400g
Peri Peri Seasoning	2 sachets	3 sachets	4 sachets
Lime**	1	1	1
Honey	30g	45g	60g
Sweetcorn	160g	255g	340g
Medium Tomato	1	2	2
Avocado	1	1½	2
Greek Style Salad Cheese** 7)	50g	100g	100g
Soured Cream** 7)	75g	120g	150g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	3 tbsp	4½ tbsp	6 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	685g	100g	730g	100g
Energy (kJ/kcal)	3386/809	495/118	3874/926	531/127
Fat (g)	40.9	6.0	50.0	6.9
Sat. Fat (g)	13.0	1.9	15.9	2.2
Carbohydrate (g)	100.5	14.7	101.4	13.9
Sugars (g)	23.5	3.4	23.5	3.2
Protein (g)	16.2	2.4	23.9	3.3
Salt (g)	1.42	0.21	2.65	0.36

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

## Allergens

### 7) Milk

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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## Start the Potatoes

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

Halve the **salad potatoes** widthways and pop them onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **peri peri seasoning**. Toss to coat, then spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** on the top shelf for 20 mins.



## Get Smashing

When the **potatoes** have been roasting for 20 mins, remove them from the oven.

Use the bottom of a bowl or pan to lightly crush each **potato half**.

Drizzle the **smashed potatoes** with the **honey dressing**, then return to the top shelf until crispy and golden, 10-15 mins.



## Make the Honey Dressing

Meanwhile, zest and halve the **lime**.

In a small bowl, mix together the **honey**, **lime zest** and **olive oil for the dressing** (see pantry for amount). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

Season with **salt** and **pepper**, then mix well and set your **honey dressing** aside.

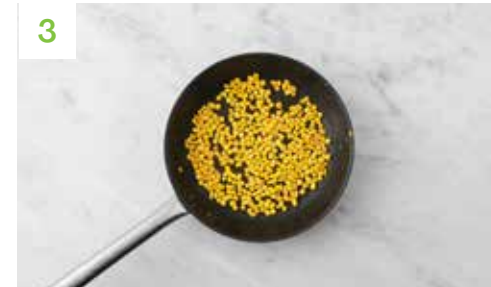


## Topping Time

Meanwhile, cut the **tomato** into 1cm chunks.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out into a bowl and mash with a fork. Season with **salt**, **pepper** and a squeeze of **lime juice**.

In another bowl, stir together the **charred corn** and **tomato**. Crumble in the **Greek style salad cheese**. Season with **salt**, **pepper** and a squeeze of **lime juice**.



## Char the Corn

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.

Once charred, set aside for later.

## CUSTOM RECIPE

If you've chosen to add **bacon**, fry after charring the **sweetcorn**. Put the pan back on medium-high heat with a drizzle of **oil**. Once hot, add the **bacon** and stir-fry until golden, 4-5 mins, then set aside until serving. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Finish and Serve

When everything's ready, share your **smashed potatoes** between your plates.

Spoon over your **charred corn salsa** and top with the **guacamole**.

Finish by spooning over the **soured cream**.

## Enjoy!