



Loaded Honey Peri Peri Smashed Potatoes

with Charred Corn Salsa, Baby Gem and Greek Style Cheese

19

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day



Salad Potatoes



Lime



Sweetcorn



Baby Gem Lettuce



Soured Cream



Peri Peri Seasoning



Honey



Red Onion



Greek Style Salad Cheese



Diced Chorizo

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

Fine grater, bowl, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes	700g	1050g	1400g
Peri Peri Seasoning	2 sachets	3 sachet	4 sachets
Lime**	½	1	1
Honey	30g	45g	60g
Sweetcorn	160g	255g	340g
Red Onion**	1	1½	2
Baby Gem Lettuce**	1	2	2
Greek Style Salad Cheese** 7)	50g	100g	100g
Soured Cream** 7)	75g	120g	150g
Diced Chorizo**	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	650g	100g	695g	100g
Energy (kJ/kcal)	2862/684	441/105	3691/882	531/127
Fat (g)	26.3	4.0	42.6	6.1
Sat. Fat (g)	9.9	1.5	16.0	2.3
Carbohydrate (g)	102.4	15.8	103.8	14.9
Sugars (g)	26.7	4.1	26.9	3.9
Protein (g)	15.6	2.4	26.9	3.9
Salt (g)	1.41	0.22	4.0	0.58

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, cereals containing 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 (no need to peel) 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 **potato halves** on the top shelf for 20 mins.

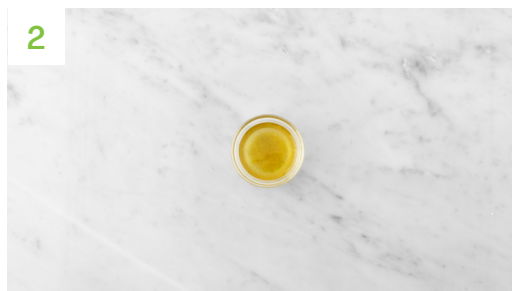


Smash your Potatoes

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** (see ingredients for amount)

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.

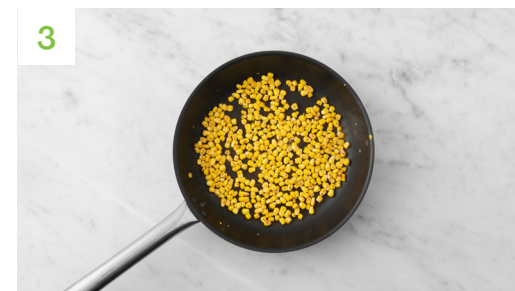


Topping Time

Meanwhile, halve, peel and chop the **red onion** into small pieces.

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

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



Char the Corn

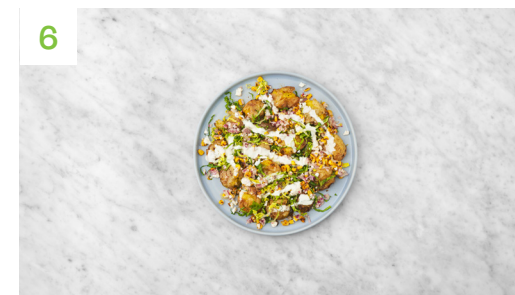
Drain the **sweetcorn** in a sieve.

Heat a drizzle of **oil** in a large frying pan on high heat. 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 **diced chorizo** to your meal, add it to the pan with the **sweetcorn**, cook until browned, 5-6 mins, then continue as instructed.



Finish and Serve

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

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

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

Enjoy!