



Honey Dijon Sweet Potato and Apple Salad

with Croutons, Greek Style Cheese and Flaked Almonds

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

41



Sweet Potato



Red Onion



Garlic Clove



Ciabatta



Honey



Cider Vinegar



Dijon Mustard



Apple



Baby Leaf Mix



Greek Style Salad Cheese



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Olive Oil

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, aluminium foil, kitchen scissors and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Red Onion**	2	3	4
Garlic Clove**	3	4	6
Ciabatta**** 13	1	1½	2
Honey	30g	45g	60g
Cider Vinegar 14	30ml	45ml	60ml
Dijon Mustard 9 14	10g	15g	20g
Apple**	1	1½	2
Baby Leaf Mix**	50g	70g	100g
Greek Style Salad Cheese** 7	100g	150g	200g
Toasted Flaked Almonds 2	25g	40g	50g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ****Please use the ciabatta within 2 days from the delivery day.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	618g	100g
Energy (kJ/kcal)	3204 /766	518 /124
Fat (g)	29.3	4.7
Sat. Fat (g)	10.3	1.7
Carbohydrate (g)	105.4	17.1
Sugars (g)	44.2	7.1
Protein (g)	21.7	3.5
Salt (g)	2.17	0.35

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

Allergens

2) Nuts **7)** Milk **9)** Mustard **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, mollusc, 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. Be careful when adding water to hot pans while cooking.

Contact

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Prep the Veg

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

Chop the **sweet potatoes** into 2cm chunks (no need to peel). Halve and peel the **red onions**, then cut each half into 4 wedges.

Put the **sweet potato** and **onions** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Mix your Salad Dressing

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a large bowl, combine the **roasted garlic**, **honey**, **cider vinegar**, **Dijon mustard** and the **olive oil for the dressing** (see pantry for amount). **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Season with **salt** and **pepper**.

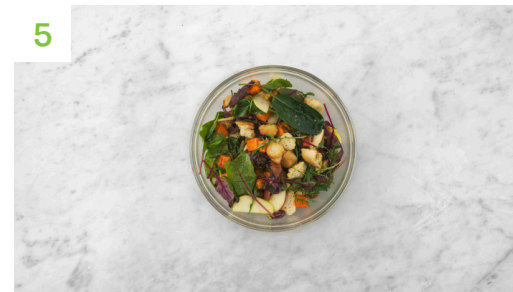


Roast the Garlic

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Roast the parcel until soft, 10-12 mins.

In the meantime, tear the **ciabatta** into roughly 2cm chunks.



All Together Now

Quarter, core and thinly slice the **apple** (no need to peel).

Once the **veg** is roasted, remove from the oven and allow to cool slightly, about 5 mins.

Once cooled, add the **roasted sweet potato**, **onion** and **croutons** to the bowl of dressing and toss to combine. Stir through the **sliced apple** and **baby leaves**.

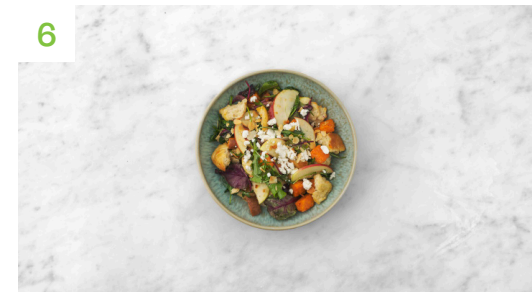
Taste and season with **salt** and **pepper** if needed.



Crouton Time

Pop the **ciabatta** onto a medium baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.

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



Serve Up

Share the **salad** between your bowls.

Crumble over the **Greek style salad cheese** and **flaked almonds** to finish.

Enjoy!