



Mexican Style Roasted Veg Salad

with Garlic Croutons and Greek Style Cheese

Classic 35-40 Minutes • Mild Spice • 3 of your 5 a day

43



Red Onion



Garlic Clove



Ciabatta



Sweetcorn



Lime



Avocado



Mixed Beans



Chipotle Paste



Wild Rocket



Greek Style Salad Cheese



Crispy Onions



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

+ Add Diced Chorizo

If you chose to add diced chorizo, 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, garlic press, sieve, frying pan, fine grater and bowl.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------------|-----------|------------|-----------|
| Red Onion** | 1 | 1½ | 2 |
| Garlic Clove** | 3 | 4 | 6 |
| Ciabatta 13 | 1 | 2 | 3 |
| Sweetcorn | 160g | 240g | 320g |
| Lime** | 1 | 1½ | 2 |
| Avocado | 1 | 1½ | 2 |
| Mixed Beans | 1 carton | 1½ cartons | 2 cartons |
| Chipotle Paste | 20g | 30g | 40g |
| Wild Rocket** | 40g | 60g | 80g |
| Greek Style Salad Cheese** 7 | 50g | 75g | 100g |
| Crispy Onions 13 | 1 sachet | 1½ sachets | 2 sachets |
| Diced Chorizo** | 90g | 120g | 180g |
| Pantry | 2P | 3P | 4P |
| Honey* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Olive Oil for the Dressing* | 3 tbsp | 4½ tbsp | 6 tbsp |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|-----------|---------------|-----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 505g | 100g | 550g | 100g |
| Energy (kJ/kcal) | 2825 / 675 | 560 / 134 | 3653 / 873 | 665 / 159 |
| Fat (g) | 39.2 | 7.8 | 55.5 | 10.1 |
| Sat. Fat (g) | 10.6 | 2.1 | 16.6 | 3.0 |
| Carbohydrate (g) | 55.9 | 11.1 | 57.3 | 10.4 |
| Sugars (g) | 17.9 | 3.5 | 18.2 | 3.3 |
| Protein (g) | 21.5 | 4.3 | 32.8 | 6.0 |
| Salt (g) | 2.16 | 0.43 | 4.75 | 0.86 |


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

Allergens

7) Milk 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, 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.

 You can recycle me!

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Roast the Onion

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

Halve and peel the **red onion**, then cut each **half** into 3 wedges.

Pop the **onion wedges** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat well.

When the oven is hot, roast on the middle shelf until softened, 15-20 mins.



Bean Time

Next, drain the **mixed beans** in a sieve. Reduce the heat of the pan to medium-high and add another drizzle of **oil** (if needed).

Add the remaining **garlic** to the **sweetcorn** and stir-fry for 1 min. Stir in the **mixed beans** and **chipotle paste** (add less if you'd prefer things milder). Season with **salt** and **pepper** and cook for 1-2 mins more.



Make the Croutons

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Tear the **ciabatta** into roughly 2cm chunks and add to another baking tray. Spread over **half** the **garlic**, drizzle with **oil** and toss to coat well.

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

While everything cooks, drain the **sweetcorn** in a sieve. Heat a drizzle of **oil** in a large frying pan on high heat.

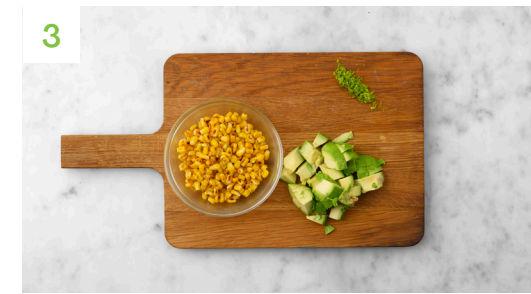


Finish the Prep

While the **bean mixture** cooks, in a large bowl, squeeze in the **lime juice** and add the **lime zest**.

Stir in the **honey** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix together.

When the **onion wedges** are ready, add the **roasted onion**, **bean mixture**, **avocado** and **rocket** to the bowl. Taste and season if needed, then mix to combine.



Char the Corn

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.

While the **sweetcorn** cooks, zest and halve the **lime**. Halve the **avo** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, face-down. Cut into 1cm chunks.

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan with the **sweetcorn**. Fry for the same amount of time, then continue as instructed.



Serve

Add the **garlic croutons** to the **salad**, then toss to coat in the **dressing**.

Divide the **Mexican style salad** between your bowls. Crumble over the **Greek style salad cheese**. Add a sprinkle of **crispy onions** to finish.

Enjoy!