

Loaded Honey Peri Peri Smashed Potatoes

with Charred Corn Salsa, Greek Style Cheese and Avocado

41

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



Salad Potatoes



Peri Peri Seasoning



Lime



Honey



Sweetcorn



Medium Tomato



Greek Style Salad Cheese



Avocado



Soured Cream



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Olive Oil

+ Add Bacon Lardons

If you chose to add bacon lardons, then just follow the instructions on the back of this card.

Happy cooking!

Load up on flavour with our Loaded Honey Peri Peri Smashed Potatoes for a delicious veggie dinner. The main flavour here comes from peri peri, which contains smoked paprika, ancho chilli powder, ground cumin and oregano, for a smoky, spicy and slightly sweet kick.



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	2
Honey	30g	45g	60g
Sweetcorn	160g	255g	340g
Medium Tomato	1	2	2
Greek Style Salad Cheese** 7)	50g	100g	100g
Avocado	1	1½	2
Soured Cream** 7)	75g	120g	150g
British Smoked Bacon Lardons**	90g	120g	180g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	671g	100g	716g	100g
Energy (kJ/kcal)	2971 / 710	443 / 106	3458 / 827	483 / 116
Fat (g)	36.7	5.5	45.8	6.4
Sat. Fat (g)	12.4	1.8	15.2	2.1
Carbohydrate (g)	83.9	12.5	84.8	11.9
Sugars (g)	24.1	3.6	24.2	3.4
Protein (g)	15.3	2.3	23.0	3.2
Salt (g)	1.41	0.21	2.64	0.37

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, 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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



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**, sprinkle over the **peri peri seasoning**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer, cut-side down.

When the oven is hot, roast the **potatoes** 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, 12-15 mins.



Make the Honey Dressing

Meanwhile, zest and cut the **lime** into wedges.

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

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



Topping Time

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

Add the **tomato chunks** to the **charred corn** bowl. Crumble in the **Greek style salad cheese**. Season with **salt**, **pepper** and a squeeze of **lime juice**. Toss to combine.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto your board. Cut into 2cm chunks. 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, transfer to a medium bowl and set aside.

+ Add Bacon Lardons

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**. 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 the **smashed potatoes** between your plates.

Spoon over the **charred corn salsa** and top with the **avocado chunks**.

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

Enjoy!