



Smashed Potato and Spiced Veg Jumble

with Charred Corn, Greek Style Cheese and Zesty Soured Cream

4

Classic 30-35 Minutes • Mild Spice • 3 of your 5 a day



Salad Potatoes



Bell Pepper



Red Onion



Mexican Style Spice Mix



Sweetcorn



Tenderstem® Broccoli



Medium Tomato



Lime



Soured Cream



Greek Style Salad Cheese



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey

+ 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, sieve, frying pan, bowl and fine grater.

Ingredients

Ingredients	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Bell Pepper***	1	1½	2
Red Onion	1	1½	2
Mexican Style Spice Mix	1 sachet	2 sachets	2 sachets
Sweetcorn	160g	340g	340g
Tenderstem® Broccoli**	80g	150g	150g
Medium Tomato	1	2	2
Lime**	1	1	1
Soured Cream** 7)	75g	150g	150g
Greek Style Salad Cheese** 7)	50g	100g	100g
Diced Chorizo** 7)	90g	120g	180g

Pantry	2P	3P	4P
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	584g	100g	629g	100g
Energy (kJ/kcal)	1894 /453	324 /78	2722 /651	433 /103
Fat (g)	18.4	3.2	34.7	5.5
Sat. Fat (g)	8.8	1.5	14.8	2.4
Carbohydrate (g)	59.5	10.2	61.3	9.7
Sugars (g)	24.5	4.2	24.8	3.9
Protein (g)	13.4	2.3	24.6	3.9
Salt (g)	1.41	0.24	3.99	0.63


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.

 You can recycle me!

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Roast the Potatoes

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

Halve the **salad potatoes** widthways (halve any large ones again). Put the **potatoes** onto a baking tray. Drizzle with **oil**, 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, 20 mins.

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Halve and peel the **red onion**, then cut each half into 3 wedges.



Smash the Potatoes

In a large bowl, combine a good squeeze of **lime juice**, a pinch of **sugar** and the **olive oil for the salsa** (see pantry for amount). Season with **salt** and **pepper**.

When the **potatoes** have cooked for 20 mins, remove them from the oven. Sprinkle over the remaining **Mexican style spice mix** and toss to coat.

Use the bottom of a bowl or pan to lightly crush each **potato half**. Drizzle the **smashed potatoes** with a little **oil** and return to the top shelf until crispy and golden, 10-15 mins.



Roast the Veg

Put the **sliced pepper** and **onion wedges** onto a large baking tray and drizzle with **oil**. Sprinkle over **half** the **Mexican style spice mix** and season with **salt** and **pepper**.

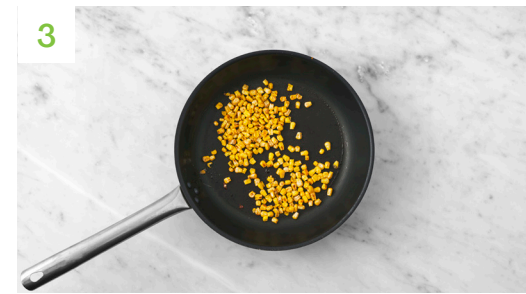
When the **potatoes** have been cooking for 10 mins, pop the **pepper** and **onion** into the oven and bake on the middle shelf until soft and slightly charred, 20 mins.

Meanwhile, drain the **sweetcorn** in a sieve.



Add the Broccoli

When the **pepper** and **onion** have 10 mins roasting time remaining, add the **Tenderstem® broccoli** onto the baking tray. Drizzle with **oil**, season with **salt** and **pepper**, toss to coat and spread out in a single layer. Return to the oven to roast on the middle shelf until the **broccoli** is tender and crispy, 10-12 mins.



Char the Sweetcorn

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.

While the **sweetcorn** fries, cut the **Tenderstem® broccoli** into thirds. Cut the **tomato** into 1cm chunks. Zest and cut the **lime** into wedges.

In a small bowl, combine the **soured cream** and **lime zest**. Set aside for now.

+ Add Diced Chorizo

Add the **chorizo** to the pan with the **corn**. Fry for the same amount of time.



Serve

When everything's finished roasting, add the **roasted veg**, **charred corn**, **tomato** and **potatoes** to the **dressing** bowl.

Drizzle over the **honey** (see pantry for amount) and toss together.

Share the **potato and veg jumble** between your serving bowls.

Dollop on the **zesty soured cream** and finish by crumbling over the **Greek style cheese**.

Enjoy!