



# Mexican Style Roasted Sweet Potato Salad with Garlic Croutons and Baby Gem

43

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



-  Sweet Potato
-  Mexican Style Spice Mix
-  Baby Plum Tomatoes
-  Red Onion
-  Garlic Clove
-  Lime
-  Avocado
-  Honey
-  Baby Gem Lettuce
-  Ciabatta
-  Greek Style Salad Cheese

**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, garlic press, fine grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Mexican Style Spice Mix	1 sachet	1 sachet	1 sachet
Baby Plum Tomatoes	125g	190g	250g
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Lime**	1	1½	2
Avocado	1	1½	2
Honey	15g	30g	30g
Baby Gem Lettuce**	1	1½	2
Ciabatta <b>13)</b>	1	1½	2
Greek Style Salad Cheese** <b>7)</b>	50g	75g	100g

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

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	631g 2961/708	100g 470/112
Fat (g)	30.5	4.8
Sat. Fat (g)	8.3	1.3
Carbohydrate (g)	95.3	15.1
Sugars (g)	31.6	5.0
Protein (g)	15.4	2.4
Salt (g)	1.52	0.24

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, milk, egg, mustard, celery, soya, 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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## Roast the Sweet Potato

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

Chop the **sweet potato** into 2cm chunks (no need to peel). Pop them onto a large baking tray.

Drizzle with **oil**, season with the **Mexican style spice mix, 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.



## Bring on the Baby Gem

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



## Char your Tomatoes

Halve the **tomatoes**. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Pop the **tomatoes, onion** and **half** the **garlic** onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the middle shelf of your oven until soft and slightly charred, 12-15 mins.



## Bake the Croutons

When 5 mins of cooking time remain, tear the **ciabatta** into 2cm chunks and pop into another bowl.

Drizzle with **oil**, then season with **salt, pepper** and the remaining **garlic**. Toss to coat.

Add the **croutons** to the **sweet potato** tray and bake until golden, 4-5 mins.



## Avocado Time

While everything roasts, zest and halve the **lime**.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board and chop into 1cm chunks.

Pop the **avocado** into a large bowl with the **lime zest**, all the **juice** from the **lime, honey** and **olive oil for the dressing** (see pantry for amount).

**TIP: If your honey has hardened, pop into a bowl of hot water for 1 min.**

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



## Assemble and Serve

When everything's ready, add the **roasted sweet potato, tomatoes, onion, croutons** and **sliced baby gem** into the **avocado** bowl and mix well.

Share the **salad** between your bowls, then crumble over the **Greek style salad cheese** to finish.

Enjoy!