



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

Classic 30-35 Minutes • 5 of your 5 a day

4



Sweet Potato



Bell Pepper



Garlic Clove



Avocado



Baby Gem Lettuce



Greek Style Salad Cheese



Mexican Style Spice Mix



Red Onion



Lime



Honey



Ciabatta

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	2 sachets
Bell Pepper***	1	1	2
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 13)	1	1½	2
Greek Style Salad Cheese** 7)	50g	75g	100g

Pantry	2P	3P	4P
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	639g 3022 / 722	100g 473 / 113
Fat (g)	30.7	4.8
Sat. Fat (g)	8.3	1.3
Carbohydrate (g)	98.6	15.4
Sugars (g)	32.5	5.1
Protein (g)	15.9	2.5
Salt (g)	1.65	0.26

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.



Start the Prep

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press).

Pop the **pepper, 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, 20-25 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.

In a large bowl, combine the **lime zest, lime juice, 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.**

Add the **avocado chunks**, season with **salt** and **pepper**, then set aside for later.



Assemble and Serve

When everything's ready, add the **roasted sweet potato, croutons, pepper, onion** and **sliced baby gem** to the bowl of **avocado** and mix well to coat in the **dressing**.

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

Enjoy!