



More Than Food  
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## Steve's Leaves with Sweet Potato, Goat's Cheese and Pecans

"Who the devil is Steve?!" we hear you cry. Well the first thing you need to know is that he has a PhD in the nutritional physiology of watercress and this week he's joined the kitchen brigade to bring you this tasty recipe. 'Doctor Watercress' as he is known to his friends, has been pushing the boundaries of salad leaves for 30 years now and you can thank him for a lot of the leafy innovations that turn up on your plate. Check out his blog and all sorts of fascinating salad related banter at [www.stevesleaves.co.uk](http://www.stevesleaves.co.uk)



30 mins



gluten free



veggie



1 of your 5 a day



healthy



Sweet Potato (1)



Beetroot (1)



Balsamic Vinegar (1 tbsp)



Extra Virgin Olive Oil (1 tbsp)



Spring Onion (2)



Steve's Leaves: Fennel Tops (1 bag)



Sunflower Seeds (10g)



Goat's Cheese (½ roll)




Pecan Nuts (25g)

## 2 PEOPLE INGREDIENTS

- Sweet Potato, chopped
- Beetroot, chopped
- Balsamic Vinegar
- Extra Virgin Olive Oil
- Spring Onion, chopped

1  
1  
1 tbsp  
1 tbsp  
2

- Steve's Leaves: Fennel Tops
  - Sunflower Seeds
  - Goat's Cheese
  - Pecan Nuts
- 1 bag  
10g  
½ roll  
25g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Pecans are a rich source of manganese which is a powerful antioxidant.

**Allergens:** Sulphites, Milk, Nut.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	325 kcal / 1352 kJ	19 g	6 g	28 g	13 g	12 g	1 g
Per 100g	134 kcal / 556 kJ	8 g	2 g	11 g	5 g	5 g	0 g



1

**1** Pre-heat your oven to 200 degrees. Scrub the **sweet potato** under water and chop into bite-sized (3cm) chunks (without peeling). Toss the chunks in a glug of **olive oil** and season well with **salt** and **pepper**. Pop on a baking tray and roast on the top shelf of your oven for around 20 mins, or until soft enough to eat.



2

**2** Peel the **beetroot** and chop into 2cm chunks. Drizzle over some **olive oil** and season with a little pinch of **salt** and **pepper**. Add to the tray of sweet potato for 10-15 mins, or until cooked through. **Tip:** Rub a drop of olive oil into your fingers whilst handling the beetroot to stop stained fingers!



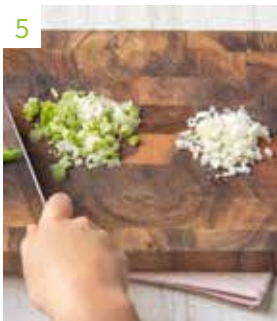
3

**3** To make the dressing, simply mix together the **balsamic vinegar** with the **olive oil** (amount stated in the ingredient list). Add in a pinch of **salt**, **pepper** and a pinch of **sugar** if you have some. **Tip:** To test the dressing, dip a salad leaf into it, shake the leaf and eat it. Add more seasoning if needed.

**4** Pimp your **salad dressing!** Now you've got the basis for your salad dressing, have a think as to what you'd like to add to change the flavour - wholegrain and Dijon mustard are our favourites but use your imagination and the contents of your cupboard!

**5** Once your **sweet potato** and **beetroot** are cooked remove them from your oven and allow to cool for 5 mins. While your sweet potato and beetroot are cooling, finely chop the **spring onion**.

**6** In a large bowl, gently toss your **sweet potato**, **beetroot** and **spring onion** into the **salad leaves**. Throw in the **sunflower seeds**, drizzle over your **dressing** and gently combine. Lastly, crumble in the **goat's cheese** and scatter over the **pecans** before serving.



5

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!