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Chopped Confetti Salad with Sweet Corn, Zesty Lime & Fetta

This warm salad infused with the vibrancy of Cuba is sure to have tummies rumbling. A thrilling combination of Spanish and African cultures, there is something irresistible about the Son music and classic cars of Havana. We've taken all that is edible about Cuba and presented it to you on a platter - literally. Buen provecho!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



gluten
free



veggie

Pantry Items



Olive Oil



Sweet Potato



Lime



Garlic



Corn



Red Kidney Beans



Red Onion



Cherry Tomatoes



Baby Spinach



Fetta Cheese



Coriander

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QTY	Ingredients	
800 g	sweet potato, unpeeled & chopped into 1 cm cubes	
1 tbs	olive oil *	
2 cobs	corn, shucked & kernels removed	 
½	red onion, finely chopped	
2 cloves	garlic, peeled & crushed	
2 tins	red kidney beans, drained & rinsed	
1 punnet	cherry tomatoes, halved	
1	lime, zested & juiced	
½ bag	baby spinach, washed & chopped	
1 block	fetta cheese, cubed	
1 bunch	coriander, leaves picked	

 Ingredients features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1550	Kj
Protein	16.9	g
Fat, total	10.7	g
-saturated	4.4	g
Carbohydrate	44.8	g
-sugars	14.6	g
Sodium	456	mg



You will need: *chef's knife, chopping board, garlic crusher, two large bowls, strainer, oven tray lined with baking paper, large frying pan, and a stirring spoon.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **sweet potato** in a large bowl. Season with **salt** and **pepper**. Add half of **olive oil** and toss to coat well. Place the sweet potato in a single layer on the prepared tray and cook in the oven for **25-30 minutes** or until tender.

3 Heat the remaining olive oil in a large frying pan over a medium heat. Add the **corn kernels**, **red onion** and **garlic** and season with salt and pepper. Cook, stirring, for **2 minutes** or until just tender. Add the **red kidney beans**, **cherry tomatoes**, **lime zest** and **juice**. Cook, tossing, for **1 minute** or until warmed through (take care not to break up the beans).

4 In a large bowl combine the **baby spinach**, roast sweet potato, **fetta cheese**, **coriander** and kidney bean mixture. Season to taste with salt and pepper.

5 Divide the salad between bowls and serve.



Did you know? Artists during the Medieval times extracted the green pigment in spinach to create ink and paints.