



ROAST SWEET POTATO & SWEETCORN SALAD

with Miso Dressing and Feta



HELLO SWEET POTATO

The 1st Europeans to taste this delicious tuber were members of Columbus' expedition to Haiti in 1492.



Sweet Potato



Red Onion



Sweetcorn



Red Chilli



Coriander



Feta Cheese



Lime



Miso Paste



Honey



Wholegrain Mustard



Kale



Pumpkin Seeds

MEAL BAG

35 mins

Veggie

4 of your 5 a day

Little heat

Quick, healthy and easy to prep, this colourful salad is fresh and flavoursome. Roasted sweet potato is a perfect base for stronger flavours, meaning it pairs brilliantly with the tangy taste of feta and the miso, honey and mustard dressing. Charred sweetcorn gives this salad texture, whilst the heat of the chilli adds a kick of heat. Mix ingredients together in a bowl and tuck right in. A perfect sharing dish (or not!).

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Sieve, Large Frying Pan** and **Mixing Bowl**. Now, let's get cooking!



1 ROAST THE VEGGIES

Preheat your oven to 200°C. Chop the **sweet potato** into 2cm wide wedges (no need to peel). Halve and peel the **red onion**. Chop each half into four wedges. Pop the **potato** and **onion** onto a large baking tray (use two if cooking for 3 or 4 people!). Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat. Place on the top shelf of the oven to roast until tender and golden, 25-30 mins. Turn halfway through cooking.



4 MAKE THE DRESSING

Next, pop the **miso paste**, **honey**, **mustard** and **olive oil** (see ingredients for amount) into a small bowl. Squeeze in the **juice** from the **lime** and whisk well to combine. Set to one side.



2 CHAR THE CORN

Meanwhile, drain the **sweetcorn** in a sieve. Heat a large frying pan over high heat (no oil). When the pan is really hot, add the **sweetcorn**. Cook, stirring occasionally and gently shaking the pan until the **corn** is charred, about 4 mins. **★ TIP:** *Don't move it too much or it won't char properly.* When charred, remove the pan from the heat.



5 COOK THE KALE

When the **wedges** and **onion** are cooked, remove from the oven and add the **charred sweetcorn** and **kale** to the baking tray. There's a lot, but don't worry - it'll wilt down in the oven! Gently mix the **kale** through the **veggies** and return to the oven for 3-4 mins. **★ TIP:** *Use two large spoons to do this!*



3 PREP THE GARNISH

While your **corn** is charring, halve the **chilli** lengthways, deseed then thinly slice. Roughly chop the **coriander** (stalks and all). Crumble the **feta** into small pieces using your hands. Halve the **lime**.



6 FINISH UP

Once out of the oven, tip the **roasted veggies** into a mixing bowl and stir through **half** the **dressing**. Share between your bowls. Top with the **feta**, **coriander**, **sliced chilli** and **pumpkin seeds** and drizzle over the remaining **dressing**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato *	1 large	1½ large	2 large
Red Onion *	1	1½	2
Sweetcorn	1 tin	1½ tins	2 tins
Red Chilli *	½	¾	1
Coriander *	1 bunch	1 bunch	1 bunch
Feta Cheese 7) *	1 block	blocks	blocks
Lime *	1	1½	2
Miso Paste 11)	1 sachet	sachets	sachets
Honey	1 sachet	1½ sachets	2 sachets
Wholegrain Mustard 9)	½ pot	¾ pot	1 pot
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Kale *	1 small bag	¾ large bag	1 large bag
Pumpkin Seeds	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 685G	PER 100G
Energy (kJ/kcal)	3017 / 721	440 / 105
Fat (g)	29	4
Sat. Fat (g)	11	2
Carbohydrate (g)	95	14
Sugars (g)	38	6
Protein (g)	21	3
Salt (g)	2.93	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard 11) Soya

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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