

HelloFresh



Zesty Corn & Red Bean Salad

with Roasted Sweet Potato, Feta, and Tomatoes

Cajun seasoning, lime, and fresh parsley give this salad a decidedly zesty feel. Sweet corn and tomato remind us how much we love July. Plus, what's better than a salad that can be served warm or cold? It's perfect for outdoor entertaining!



Prep: 10 min
Total: 30 min



level 1



veggie



nut free



gluten
free



Sweet Potato



Cajun Seasoning



Corn



Red Onion



Kidney Beans



Grape Tomatoes



Lime



Feta
Cheese



Parsley

Ingredients

	2 People	4 People
Sweet Potato	12 oz	24 oz
Cajun Seasoning 	½ T	1 T
Corn	1 Ear	2 Ears
Red Onion	½	1
Kidney Beans	1 Box	2 Boxes
Grape Tomatoes	4 oz	8 oz
Lime	1	2
Feta Cheese 1)	½ Cup	1 Cup
Parsley	¼ oz	¼ oz
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Bowl, Baking sheet, Zester, Strainer, Large pan

Ruler

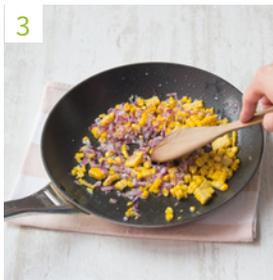
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Nutrition per person Calories: 553 cal | Fat: 14 g | Sat. Fat: 5 g | Protein: 26 g | Carbs: 78 g | Sugar: 14 g | Sodium: 613 mg | Fiber: 22 g



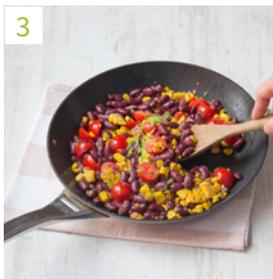
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1 Roast the sweet potato: Wash and dry all produce. Preheat the oven to 450 degrees. Cut the **sweet potato** into ½-inch cubes. In a bowl, toss the cubes with the **Cajun seasoning**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place on a baking sheet in the oven for about 25 minutes, tossing halfway through cooking, until golden brown.



3

2 Prep the remaining ingredients: Cut the **corn kernels** off the cob. Halve, peel, and finely dice **half the onion**. Zest, then halve the **lime**. Halve the **tomatoes**. Drain and rinse the **beans**. Finely chop the **parsley**.



3

3 Sauté the remaining ingredients: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **corn** and **red onion** and cook, tossing for 2-3 minutes, until softened. Season with **salt** and **pepper**. Add the **kidney beans** and **tomatoes** and toss for another 1 minute, until heated though. Season with **salt** and **pepper**. Remove the pan from the heat, then stir in the **lime zest**, **lime juice**, and **parsley**.



4

4 Toss: When the **potatoes** are done, toss them into the pan with the **corn mixture** along with a drizzle of **olive oil** and the **feta cheese**. Season to taste with **salt** and **pepper**.

5 Plate: Serve divided between bowls and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

