



Sweet Potato and Courgette Salad

with crunchy croutons and crumbled Greek style cheese

Veggie 35-40 mins • Eat me first

14



Baguette



Onion



Courgette



Garlic



Cherry Tomatoes



Rocket



Greek Style Cheese



Red Wine Vinegar



Mayo



Sweet Potato



Honey

Pantry Items: Salt, Pepper, Oil



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater

Ingredients

	2P	4P
Baguette	2 units	4 units
Onion	1 unit	2 units
Courgette	1 unit	2 units
Garlic	2 units	4 units
Cherry Tomatoes	125 g	250 g
Rocket	40 g	80 g
Greek Style Cheese	100 g	200 g
Red Wine Vinegar	1 sachet	2 sachets
Mayo	2 sachets	4 sachets
Sweet Potato	1 unit	2 units
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	574 g	100 g
Energy (kJ/kcal)	2999.9 kJ/ 717 kcal	522.6 kJ/ 124.9 kcal
Fat (g)	22.6 g	3.9 g
Sat. Fat (g)	10.2 g	1.8 g
Carbohydrate (g)	106.3 g	18.5 g
Sugars (g)	18.9 g	3.3 g
Protein (g)	26 g	4.5 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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Any questions? Contact our customer care team at hellofresh.ie/about/faq

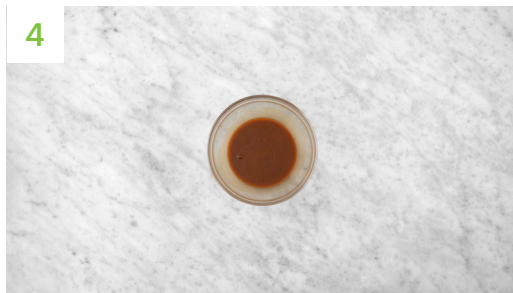


You can recycle me!



Roast the Veg

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks. Place on a lined baking tray. Toss with **salt, pepper** and a drizzle of **oil**.
- Roast on the top shelf of the oven until tender, 25-30 mins.
- Meanwhile, halve the **tomatoes**.
- When the **sweet potato** has been cooking for 10 mins, add the **tomatoes** to the tray with a drizzle of **oil**. Mix together and return to the top shelf for the remaining cooking time, 10-15 mins.



Make the Dressing

- Meanwhile, in a large bowl mix 1 tbsp **oil** (double for 4p) together with the **red wine vinegar, honey** and **mayo**.
- Season with **salt** and **pepper**, mix well and set aside.



Fry the Veg

- Meanwhile, halve, peel and thinly slice the **onion**.
- Trim the **courgette** then slice into 1cm thick rounds.
- Peel and grate the **garlic** (or use a garlic press).
- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **onion** and **courgette** and cook, stirring occasionally, until softened, 6-8 mins.



Assemble the Salad

- When the **onion** and **courgette** have softened, stir in the **garlic** and cook until fragrant, 1 min more.
- Remove from the heat and add to the bowl with the dressing.
- When ready, remove the veg and croutons from the oven, add to the bowl and gently mix.
- Let everything sit for a couple of mins to allow the croutons to absorb the flavours.



Crisp the Croutons

- Meanwhile, tear the **baguette** into small, bite-sized croutons.
- Add the croutons to a (separate) lined baking tray with a drizzle of **oil** and a pinch of **salt**.
- Toss to coat and spread out in a single layer.
- Bake on the middle shelf of the oven until crispy and golden, 8-10 mins.
- Give the tray a shake halfway through.

TIP: Watch them carefully so they don't burn!



Finish and Serve

- Carefully fold the **rocket** into the bowl with the veg and croutons.
- Divide your warm veg salad between plates.
- Finish everything with a generous crumble of **Greek style cheese**.

Enjoy!