



Sweet Potato and Courgette Salad

with crunchy croutons and crumbled Greek style cheese

35 – 40 mins • Veggie

14



Onion



Courgette



Garlic



Cherry Tomatoes



Salad Leaves



Greek Style Cheese



Red Wine Vinegar



Mayo



Sweet Potato



Honey



Ciabatta

Pantry Items: Oil, Salt, Pepper



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
Onion	1 unit	2 units
Courgette	1 unit	2 units
Garlic	2 units	4 units
Cherry Tomatoes	125 g	250 g
Salad Leaves	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
Ciabatta	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	500.5 g	100 g
Energy (kJ/kcal)	2426.7 kJ/ 580 kcal	484.9 kJ/ 115.9 kcal
Fat (g)	28.5 g	5.7 g
Sat. Fat (g)	10.8 g	2.2 g
Carbohydrate (g)	66 g	13.2 g
Sugars (g)	15.9 g	3.2 g
Protein (g)	18.1 g	3.6 g
Salt (g)	1.9 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

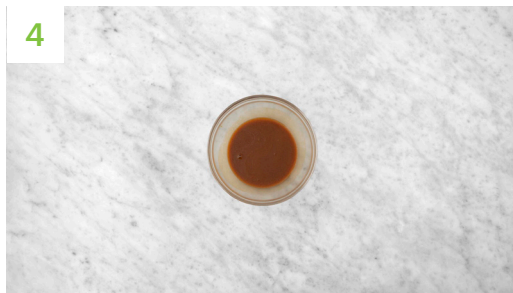


You can recycle me!



Roast the Veg

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks. 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**. Return to the top shelf for the remaining cooking time, 10-15 mins.



Make the Dressing

- To make your dressing, mix 1 tbsp **oil** (per 2P) with the **red wine vinegar**, **honey** and **mayo** in a large bowl.
- Season with **salt** and **pepper**.
- Mix well and set aside.



Crisp the Croutons

- Meanwhile, tear the **ciabatta** 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. Remove from the oven when golden.

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



Assemble the Salad

- When everything is ready, add the pan-fried veg and roast veg to the bowl with the dressing.
- Toss together until everything is well coated.
- Just before serving, carefully fold the **salad leaves** into the bowl with the veg.



Fry the Veg

- While everything bakes, 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. Once softened, stir in the **garlic** and cook until fragrant, 1 min more.



Finish and Serve

- Divide your warm veg **salad** between plates.
- Scatter over the crunchy croutons.
- Finish everything with a generous crumble of **Greek style cheese**.

Enjoy!