



COLORFUL CONFETTI SALAD

with Corn, Beans, Feta, and Cajun Spices



HELLO CAJUN SPICE BLEND

A paprika-and-cayenne-based seasoning with Louisiana swagger

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 620



Sweet Potato



Corn



Lime



Parsley



Feta Cheese
(Contains: Milk)



Cajun Spice Blend



Red Onion



Grape Tomatoes



Kidney Beans

START STRONG


When zesting lime, don't get too zealous. You only want to remove the bright green outer skin. Leave the white pith behind—it can add some bitter overtones to your dish.

BUST OUT

- Baking sheet
- Zester
- Strainer
- Large pan
- Large bowl
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potato 1 | 2
- Cajun Spice Blend  2 tsp | 3 tsp
- Corn 1 Can | 2 Cans
- Red Onion ½ | 1
- Lime 1 | 2
- Grape Tomatoes 4 oz | 8 oz
- Parsley ¼ oz | ½ oz
- Kidney Beans 1 Box | 2 Boxes
- Feta Cheese ½ Cup | 1 Cup

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1 PREHEAT OVEN AND ROAST SWEET POTATO

Wash and dry all produce. Preheat oven to 450 degrees. Cut **sweet potato** into ½-inch cubes. Toss on a baking sheet with **2 tsp Cajun spice blend** (we sent more), a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast in oven until lightly browned, about 25 minutes. Toss halfway through.



4 FINISH COOKING

Add **beans** and **tomatoes** to pan. Toss until heated through, about 1 minute. Season with **salt** and **pepper**. Transfer to a large bowl. Stir in **lime zest** and juice from **lime**.



2 PREP

Meanwhile, drain **corn**. Halve, peel, and finely dice half the **onion** (use the rest as you like). Zest and halve **lime**. Halve the **tomatoes** lengthwise. Finely chop **parsley**. Drain and rinse **beans**.



5 TOSS SALAD

When **sweet potato** is done roasting, transfer to large bowl with **corn mixture** and add **feta**, a drizzle of **olive oil**, and half the **parsley**. Toss to combine. Season to taste with **salt** and **pepper**.



3 COOK CORN AND ONIONS

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **corn** and **onion** and cook until softened, 2-3 minutes, tossing. Season with **salt** and **pepper**.



6 PLATE AND SERVE

Divide **salad** between bowls. Garnish with remaining **parsley** and serve.

RAINBOW BRIGHT!

This veggie medley will add color to your day.