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WK36
2016

Cuban Confetti Salad with Fresh Coriander

This warm salad infused with the vibrancy of Cuba is sure to have tummies rumbling. We've taken all that is edible about Cuba and presented it to you on a platter, in an explosion of confetti-like colour and flavour sure to thrill. Buen provecho!



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



high fibre



nut free

Pantry Items



Olive Oil



Sweet Potato



Cajun Spice Mix



Corn



Red Onion



Red Kidney Beans



Cherry Tomatoes



Lemon



Fetta Cheese



Coriander

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2P	4P	Ingredients
400 g	800 g	sweet potato, cut into 2 cm cubes
1 sachet	2 sachets	Cajun spice mix (<i>recommended amount</i>)
1 tbs	2 tbs	olive oil *
1 cob	2 cobs	corn, shucked & kernels removed
½	1	red onion, finely chopped
1 tin	2 tins	red kidney beans, drained & rinsed
½ punnet	1 punnet	cherry tomatoes, halved
1	2	lemon, zested & juiced
1 block	2 blocks	fetta cheese, cubed
1 bunch	2 bunches	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1760	Kj
Protein	17.2	g
Fat, total	14.5	g
-saturated	5	g
Carbohydrate	47.6	g
-sugars	16.7	g
Sodium	532	mg



You will need: *chef's knife, chopping board, zester, strainer, two large bowls, baking paper lined oven tray, large frying pan, stirring spoon and tongs.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **sweet potato** in a large bowl. Sprinkle with the **Cajun spice mix** and season with **salt** and **pepper**. Add half of the **olive oil** and toss to coat well. Place the sweet potato in a single layer on the prepared tray and cook in the oven for **30 minutes** or until tender.

3 Heat the remaining olive oil in a large frying pan over a medium heat. Add the **corn kernels**, **red onion** and season with salt and pepper. Cook, stirring, for **3 minutes** or until just tender. Add the **red kidney beans**, **cherry tomatoes**, the **lemon juice** and a pinch of the **lemon zest**. Cook, tossing, for **1 minute** or until warmed through (take care not to break up the beans).

4 Transfer the warmed vegetables to a large bowl and toss through the roast sweet potato, **fetta cheese** and **coriander**. Season to taste with salt and pepper.

5 To serve, divide between plates and enjoy!



Did you know? Corn originates from a wild grass which was domesticated by indigenous North American farmers approximately 9000 years ago.