



NOV
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Cuban Confetti Salad

with Kidney Beans and Feta

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
30 min

level 1

veggie



Sweet Potato



Cajun Spice Blend



Corn Kernels



Kidney Beans



Lime



Red Onion



Grape Tomatoes



Feta Cheese



Cilantro



Cayenne

Ingredients

	2 People	4 People	
Kidney Beans	1 can	2 cans	
Sweet Potato, cubed	1 pkg (340 g)	2 pkg (680 g)	
Corn	1 pkg (¾ cup)	2 pkg (1½ cups)	
Grape Tomatoes	1 pkg (227 g)	2 pkg (454 g)	
Red Onion, diced	1 pkg (56 g)	2 pkg (113 g)	
Lime	1	2	
Feta Cheese, crumbled	1) 1 pkg (56 g)	2 pkg (113 g)	
Cilantro	1 pkg (7 g)	2 pkg (14 g)	
Cajun Spice Blend	1 pkg (2 tbsp)	2 pkg (4 tbsp)	
Cayenne	1 pkg (1 g)	1 pkg (1 g)	
Olive or Canola Oil*			

*Not Included

Allergens

1) Milk/Lait

Tools

Baking Sheet, Large Pan, Large Bowl, Zester

Nutrition per person Calories: 436 cal | Fat: 9 g | Protein: 16 g | Carbs: 77 g | Fiber: 16 g | Sodium: 844 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat the oven to 450°F. (To roast the sweet potatoes.) Start prepping when the oven comes up to temperature!

2 Bake the sweet potatoes: Wash and dry the **sweet potatoes**. On a baking sheet, combine the **sweet potatoes** with the **spice blend**, as much **cayenne** as you dare and a drizzle of **oil**. Season with **salt** and **pepper**. Toss until combined. Arrange the sweet potatoes in a single layer. Roast in the centre of oven, stirring halfway through, until golden-brown and tender, 25-28 min.

4



3 Prep: Wash and dry remaining produce. Drain and rinse the **beans**. Halve the **tomatoes**. Finely chop the **cilantro**. Zest, then juice the **lime**.

4



4 Cook the veggies: Heat a large pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook until onion is soft, 3-4 min. Add the **corn, beans, tomatoes, lime juice** and **lime zest**. Cook, stirring occasionally, until warmed through, 2-3 min.

5



5 Finish and serve: Remove the pan from the heat. Stir in the **roasted sweet potatoes, feta** and **cilantro**. Season to taste with **salt** and **pepper**. Divide between plates. Enjoy!

NUTRITION TIP: The sweet potatoes in this recipe provide an excellent source of Vitamin A. This nutrient is a key factor in both eyesight and immune system health. Not only do you get to enjoy one of nature's sweetest treats, but you can feel good doing it!

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