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## Cuban Confetti Salad with Zesty Lime & Fetta

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



diabetes friendly

### Pantry Items



Olive Oil



Sweet Potato



Cajun Spice Mix



Lime



Corn



Red Kidney Beans



Red Onion



Cherry Tomatoes



Fetta Cheese



Coriander

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2P	4P	Ingredients
400 g	800 g	sweet potato, cut into 2 cm cubes
2 tsp	1 tbs	Cajun spice mix
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	lime, zested & juiced
1 block	2 blocks	fetta cheese, cubed
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1750	Kj
Protein	17.3	g
Fat, total	14.5	g
-saturated	5	g
Carbohydrate	47.5	g
-sugars	16.5	g
Sodium	533	mg



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

**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 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 **lime juice** and a pinch of the **lime zest**. Cook, tossing, for **1 minute** or until warmed through (take care not to break up the beans).



**4** Toss through the roast sweet potato, **fetta cheese** and **coriander**. Season to taste with salt and pepper. Divide between plates and serve.



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