



Smokey Sweet Potato & Ranch Salad Bowl

with Avocado & Fetta

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Sweet Potato



All-American Spice Blend



Tomato



Avocado



Sweetcorn



Mixed Salad Leaves



Mustard Cider Dressing



Fetta Cubes



Ranch Dressing



Fetta Cubes



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 30-40 mins



Sometimes only a nourishing bowl will do and we've made sure to load this one up with only the best. With a bed of All-American spiced sweet potato, you'll have the perfect foundations for a mustard cider-laced salad. Finish it off with a drizzle of ranch dressing, avocado slices and fetta!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
tomato	1	2
avocado	1	2
sweetcorn	1 large tin	2 large tins
mixed salad leaves	1 medium packet	1 large packet
mustard cider dressing	1 packet	2 packets
fetta cubes	1 large packet	2 large packets
ranch dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2265kJ (541cal)	278kJ (66cal)
Protein (g)	11.6g	1.4g
Fat, total (g)	32.4g	4g
- saturated (g)	6.9g	0.8g
Carbohydrate (g)	48.2g	5.9g
- sugars (g)	23.8g	2.9g
Sodium (mg)	1251mg	153.5mg
Dietary Fibre (g)	16.2g	2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Sprinkle with **All-American spice blend**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the sweet potato between two trays.

3



Toss the salad

- When the sweet potato is done, transfer to the bowl with the corn.
- Add **tomato**, **mixed salad leaves** and **mustard cider dressing**. Season to taste with **salt** and **pepper**.

2



Get prepped

- Meanwhile, roughly chop **tomato**.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.

4



Serve up

- Divide smokey sweet potato salad between bowls.
- Top with sliced avocado.
- Crumble over **fetta cubes** then drizzle with **ranch dressing** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS

+ DOUBLE FETTA CUBES
Follow method above.

+ ADD CHICKEN TENDERLOINS
Cook until cooked through, 3-4 minutes. Slice to serve if preferred.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

