



SWEET POTATO & CANDIED PECAN SALAD

with Avocado & Marinated Goat Cheese



Make homemade
candied pecans



Sweet Potato



Pecans



Rosemary Panini



Garlic



Cucumber



Avocado



Marinated Goat
Cheese



Dijon Mustard



Mixed Salad
Leaves



Hands-on: **20** mins
Ready in: **30** mins

A feast for the eyes as well as the stomach, this salad is a true celebration of the sweet nuttiness that can be found in a savoury dish. Between creamy sweet potato and avocado, marinated goat cheese and crunchy candied pecans, you won't be able to decide what to eat first!

Pantry Staples: Olive Oil, Brown Sugar, Balsamic Vinegar (or Red Wine Vinegar), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **two oven trays** lined with **baking paper** • **medium frying pan**



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm cubes. Place the sweet potato on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and roast for **20-25 minutes**, or until tender. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time!*



4 BAKE THE CROUTONS

Tear the **rosemary panini** into 1cm chunks. Finely chop the **garlic** (or use a garlic press). Place the panini and garlic on a second oven tray lined with baking paper. **Drizzle generously** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, arrange in a single layer and bake for **5-7 minutes** or until golden. While the croutons are baking, slice the **cucumber** into half-moons. Cut the **avocado** into 1cm cubes. **TIP:** *Cut the avocado in its skin then scoop out the flesh using a spoon.*



2 TOAST THE PECANS

While the sweet potato is roasting, heat a medium frying pan over a medium-high heat. Add the **pecans** and toast, stirring, for **3-4 minutes**, or until fragrant. Transfer to a plate.



5 ASSEMBLE THE SALAD

In a large bowl, combine the **oil** from the **marinated goat cheese** (**3 tsp for 2 people / 1 1/2 tbs for 4 people**), the **Dijon mustard** (see ingredients list), **balsamic vinegar** and **honey**. Season with a **pinch** of **salt** and **pepper**. Add the **roasted sweet potato**, **cucumber**, **avocado**, **croutons** and **mixed salad leaves** and toss to coat. **TIP:** *Allow the sweet potato to cool slightly before adding to the salad to stop the leaves from wilting.* **TIP:** *Toss the salad just before serving to keep the leaves and croutons crisp.*



3 CANDY THE PECANS

Return the frying pan to a medium heat and add the **brown sugar**, the **water** and a **pinch** of **salt**. Cook until melted and bubbling. Return the **pecans** to the pan and cook, stirring, for **2-3 minutes**, or until the pecans are coated and the caramel has thickened. Transfer to a sheet of baking paper and set aside to cool.



6 SERVE UP

Divide the salad between bowls. Top with the marinated goat cheese and the candied pecans.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	2
pecans	2 packets	4 packets
brown sugar*	2 tbs	1/2 cup
water*	1 tbs	2 tbs
rosemary panini	1	2
garlic	1 clove	2 cloves
cucumber	1	2
avocado	1	2
marinated goat cheese	1 tub (100 g)	2 tubs (200 g)
Dijon mustard	1/2 tub (7.5 g)	1 tub (15 g)
balsamic vinegar* (or red wine vinegar)	1 tsp	2 tsp
honey*	1 tsp	2 tsp
mixed salad leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3040kJ (727Cal)	723kJ (173Cal)
Protein (g)	17.9g	4.3g
Fat, total (g)	47.1g	11.2g
- saturated (g)	11.8g	2.8g
Carbohydrate (g)	54.6g	13.0g
- sugars (g)	20.9g	5.0g
Sodium (g)	805mg	191mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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