



SWEET POTATO & CANDIED PECAN SALAD

with Avocado & Marinated Goat Fetta



Candy pecans for extra crunch



Sweet Potato



Pecans



Rosemary Panini



Garlic



Avocado



Cucumber



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)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium frying pan, wooden spoon, two oven trays** lined with **baking paper, garlic crusher, paper towel, large bowl** and **tongs**.



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm cubes. **TIP:** *Cutting the sweet potato to the correct size ensures it cooks in the allocated time!* 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.



4 MAKE THE CROUTONS

Slice or tear the **rosemary panini** into 1cm chunks. Peel and crush the **garlic**. Wipe out the medium frying pan with paper towel and return to a medium-high heat with a **good drizzle** of **olive oil**. Add the panini and cook, tossing, for **4-5 minutes**, or until golden. Add the garlic and cook for a further **1 minute**, or until fragrant. Set aside.

While the panini is cooking, slice the **cucumber** into half-moons. Cut the **avocado** into 1cm cubes. **TIP:** *Chop the avocado in its skin then scoop out the flesh using a spoon.*



2 COOK 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 golden. Transfer to a plate and set aside.



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, water** (see ingredients list) 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 is thick. Transfer to the second oven tray lined with baking paper and set aside to cool.



6 SERVE UP

Divide the salad between bowls. Crumble the **marinated goat cheese** over the salad and top with the candied pecans.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	2
pecans	1 packet	2 packets
brown sugar*	1 ½ tbs	3 tbs
water*	2 tsp	1 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	½ tub (7 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	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2710kJ (648Cal)	661kJ (158Cal)
Protein (g)	16.8g	4.1g
Fat, total (g)	39.0g	9.5g
- saturated (g)	11.3g	2.8g
Carbohydrate (g)	54.0g	13.2g
- sugars (g)	20.5g	5.0g
Sodium (g)	805mg	196mg

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

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

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

Hello@HelloFresh.com.au

2018 | WK24

