



Mexican Black Bean & Sweet Potato Salad

with Creamy Lemon Dressing

Grab your Meal Kit with this symbol



Sweet Potato



Mini Flour Tortillas



Tomato



Corn



Coriander



Lemon



Black Beans



Mayonnaise



Mexican Fiesta Spice Blend



Baby Spinach Leaves

Hands-on: **35-45 mins**
Ready in: **40-50 mins**

Spicy (Mexican Fiesta spice blend)

Mix up a hearty vegetarian salad that will keep you full and satisfied! With spiced black beans, plus roasted sweet potato and a creamy lemon dressing, this is a colourful bowl of goodness brimming with our favourite Mexican flavours!

Pantry items

Olive Oil, Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
mini flour tortillas	3	6
tomato	1	2
corn	1 cob	2 cobs
coriander	1 bag	1 bag
lemon	1	2
black beans	1 tin	2 tins
mayonnaise	2 packets (80g)	4 packets (160g)
sugar*	1 tsp	2 tsp
Mexican Fiesta spice blend	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

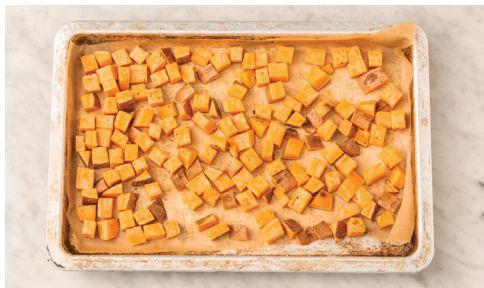
Nutrition

	Per Serving	Per 100g
Energy (kJ)	3056kJ (730Cal)	508kJ (121Cal)
Protein (g)	19.8g	3.3g
Fat, total (g)	32.6g	5.4g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	78.1g	13g
- sugars (g)	21.5g	3.6g
Sodium (mg)	1393mg	231mg

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 the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on the oven tray lined with baking paper. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time.



2. Make crispy tortilla pieces

While the **sweet potato** is roasting, cut the **mini flour tortillas** (see ingredients list) into 2cm pieces and place on a second oven tray lined with baking paper. **Drizzle** (or spray) with **olive oil** and season with **salt** and **pepper**. In the last **5 minutes** of **sweet potato** cook time, bake the **tortilla** pieces until golden and crispy.



3. Get prepped

Roughly chop the **tomato**. Slice the kernels off the **corn** cob. Finely chop the **coriander** (reserve some leaves for garnish). Zest the **lemon** to get a **pinch**, then slice into wedges. Drain and rinse the **black beans**.



4. Make the dressing

In a small bowl, combine the **mayonnaise**, a **generous squeeze of lemon juice**, **lemon zest**, **sugar**, **coriander**, a **splash of water** and a **pinch of salt** and **pepper** and mix well.

TIP: Add more lemon juice to the dressing if you like!



5. Cook the beans

SPICY! This spice blend is hot. Use less if you're sensitive to heat! Heat a large frying pan over medium-high heat with a **drizzle of olive oil**. Once the oil is hot, add the **black beans** and **corn** and cook, stirring, until softened, **5-6 minutes**. Add a **small drizzle of olive oil** and the **Mexican Fiesta spice blend** and cook until fragrant, **1 minute**.



6. Serve up

Toss the **baby spinach leaves** and sweet potato together on the oven tray. Divide between plates, then top with the **tomato**, **beans**, **corn** and **tortilla** pieces. Drizzle with the **lemon** and **coriander** dressing.

Enjoy!