



Sweet Potato & Couscous Salad with Caesar Dressing

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2630kJ (629Cal) | Protein 17.8g | Fat, total 32.7g - saturated 5.2g | Carbohydrate 60.5g - sugars 14.5g | Sodium 1009mg

Calorie Smart | The recent harsh weather conditions have impacted the cucumbers grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Contact us | hellofresh.com.au/contact
2021 | WK30 | V

Get ready

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'll need

(along with the basics)



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

| | 2P | 4P |
|------------------------|--------------|-------------|
| Roasted Sweet Potato | 1 medium pkt | 1 large pkt |
| Mustard Cider Dressing | 1 pkt | 2 pkts |
| Shaved Parmesan Cheese | 1 pkt | 2 pkts |
| Caesar Dressing | 1 pkt | 2 pkts |

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. Zap



Roasted Sweet Potato



Couscous

2. Chop



Cherry Tomatoes



Cucumber



Hazelnuts

3. Toss



Spinach & Rocket Mix



Mustard Cider Dressing



Dill



Shaved Parmesan Cheese



Caesar Dressing

- Boil the kettle
- Prick a few holes in **sweet potato** container. Microwave until hot and steaming, **3 mins**
- In a medium bowl, add **couscous** and **boiling water** (3/4 cup for 2P / 1 1/2 cups for 4P). Stir to combine
- Immediately cover with a plate and leave for **5 mins**. Fluff up with a fork and set aside

- Halve **tomatoes**. Roughly chop **cucumber**
- Roughly chop **hazelnuts**

- Add **spinach & rocket, tomatoes, cucumber** and **cider dressing** to couscous. Drizzle with **olive oil**, toss and season
- Plate up **couscous**. Top with **sweet potato, hazelnuts**, torn **dill** and **Parmesan**
- Serve drizzled with **Caesar dressing**

