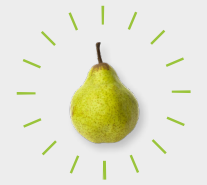




# SWEET POTATO, PEAR & AVOCADO SALAD

with Fetta, Pistachios & Balsamic Glaze



Add pear to a salad



Sweet Potato



Beetroot



Pear



Chives



Pistachios



Avocado



Dijon Mustard



Spinach & Rocket Mix



Balsamic Glaze



Fetta

**Pantry Staples:** Olive Oil, Balsamic Vinegar

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

Naturally gluten-free  
*Not suitable for Coeliacs*

Low calorie

Get ready for a salad that ticks all the boxes! With sweet, crunchy, leafy and creamy elements, every bite is a new delight! Finish the whole thing with a drizzle of syrupy balsamic glaze and you'll never look at salad the same way again.

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- medium frying pan**



### 1 ROAST THE VEG

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) and **beetroot** (unpeeled) into 1cm chunks. Place the sweet potato and beetroot on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Set aside to cool slightly. **TIP:** Cut the veg to the correct size so they cook in the allocated time. **TIP:** Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



### 2 GET PREPPED

While the veg are roasting, thinly slice the **pear**. Finely chop the **chives**. Roughly chop the **pistachios**. Dice the **avocado**.



### 3 TOAST THE PISTACHIOS

Heat a medium frying pan over a medium-high heat. Add the **pistachios** and toast, tossing, until fragrant, **3-4 minutes**. Set aside.



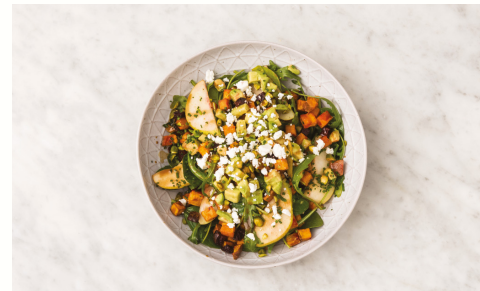
### 4 MAKE THE DRESSING

In a large bowl, mix together the **balsamic vinegar**, **Dijon mustard** and **olive oil** (1 tbs for 2 people / 2 tbs for 4 people).



### 5 BRING IT ALL TOGETHER

Add the **sweet potato**, **beetroot**, **pear**, **spinach & rocket mix** and **1/2 the chives** to the large bowl with the dressing and toss to coat.



### 6 SERVE UP

Divide the salad between bowls and drizzle with the **balsamic glaze** (see **ingredients list**). Crumble over the **fetta** and sprinkle with the pistachios. Top with the diced avocado and garnish with the remaining chives.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
beetroot	1	2
pear	1	2
chives	1 bunch	1 bunch
pistachios	1 packet	2 packets
avocado	1	2
balsamic vinegar*	2 tsp	1 tbs
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
spinach & rocket mix	1 bag (60 g)	1 bag (120 g)
balsamic glaze	½ bottle	1 bottle
fetta	1 block (25 g)	1 block (50 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2240kJ (534Cal)	465kJ (111Cal)
Protein (g)	12.3g	2.6g
Fat, total (g)	30.7g	6.4g
- saturated (g)	6.7g	1.4g
Carbohydrate (g)	47.5g	9.9g
- sugars (g)	28.6g	5.9g
Sodium (g)	284mg	59mg

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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