



# WARM SWEET POTATO, BASIL HALOUMI & ROCKET SALAD

with Herbed Hazelnut Picada



Make a hazelnut picada



Sweet Potato



Garlic



Bake-At-Home Ciabatta



Basil Haloumi



Lemon



Roasted Hazelnuts



Parsley



Carrot



Greek Yoghurt



Rocket Leaves

Hands-on: 20 mins  
Ready in: 30 mins

If you like pesto, you'll love picada. Think of it as the rustic Spanish cousin of our other favourite sauce. Rich and nutty and so easy to throw together, you'll love the way it takes this dish to the next level.

**Pantry Staples:** Olive Oil

# 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** with a **lid, wooden spoon, garlic crusher, vegetable peeler** or **box grater, large frying pan, two medium bowls, small bowl** and **tongs**.



## 1 COOK THE SWEET POTATO

Chop the **sweet potato** (unpeeled) into 1 cm cubes. Heat enough **olive oil** to coat the base of a medium frying pan over a medium-high heat. Add the sweet potato and toss to coat in the oil. Cover with a lid and cook for **10-12 minutes**. After **5 minutes**, remove the lid, stir the sweet potato and continue to cook until tender. Season with a **generous pinch** of **salt** and **pepper**. **TIP:** *Placing the lid on the frying pan allows the steam to cook the potato quicker.*



## 2 GET PREPPED

While the sweet potato is cooking, peel and crush the **garlic**. Finely chop the **bake-at-home ciabatta** into small croutons. Roughly chop the **roasted hazelnuts**. Finely chop the **parsley** (reserve a few leaves for garnish!). Zest then juice the **lemon**. Peel the **carrot** into ribbons using a vegetable peeler. **TIP:** *Feel free to grate the carrot if you would prefer!* Cut the **basil haloumi** into 1 cm cubes.



## 3 MAKE THE HAZELNUT PICADA

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **ciabatta** croutons and cook, stirring occasionally, for **4-5 minutes**, or until crispy. **TIP:** *If the croutons aren't crisping up, add more oil.* Add the **hazelnuts** and cook for a further **2 minutes**, or until fragrant. Transfer to a medium bowl. Add the **parsley**, season with **salt** and **pepper**, mix well and set aside.



## 4 MAKE THE ROCKET SALAD

In a small bowl, combine the **lemon zest** and **Greek yoghurt**. **TIP:** *Add as much or as little lemon zest as you like depending on your taste preference.* Set aside. In another medium bowl, combine the **olive oil** (**1 tbs for 2 people / 2 tbs for 4 people**), **lemon juice** (**2 tsp for 2 people / 1 tbs for 4 people**), **rocket leaves** and **carrot**. Just before serving, toss to coat. **TIP:** *Toss your salad just before serving to prevent soggy leaves!*



## 5 FRY THE BASIL HALOUMI

Return the large frying pan to a medium-high heat and add a **drizzle** of **olive oil**. Add the **basil haloumi** and cook, turning, for **2-3 minutes**, or until golden all over.



## 6 SERVE UP

Divide the rocket salad between plates. Top with the basil haloumi, warm sweet potato and a dollop of lemon-yoghurt dressing. Spoon over a little of the herbed hazelnut picada and top with the reserved parsley leaves.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	200 g	400 g
garlic	1 clove	2 cloves
bake-at-home ciabatta	½	1
roasted hazelnuts	1 packet	2 packets
parsley	1 bunch	1 bunch
lemon	1	2
carrot	1	2
basil haloumi	1 block (180 g)	2 blocks (360 g)
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
rocket leaves	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2800kJ (668Cal)	673kJ (161Cal)
Protein (g)	27.4g	6.6g
Fat, total (g)	46.8g	11.3g
- saturated (g)	18.0g	4.3g
Carbohydrate (g)	32.6g	7.9g
- sugars (g)	15.5g	3.7g
Sodium (g)	912mg	220mg

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

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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