

## WARM SWEET POTATO, BASIL HALPUMI & ROCKET SALAD

with Herbed Hazelnut Picada











Bake-At-Home Ciabatta

Basil Haloumi





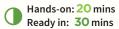
Roasted Hazelnuts







Pantry Staples: Olive Oil



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.

# 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.



# 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 mediumhigh 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.



While the sweet potato is cooking, peel and crush the garlic. Finely chop the bake-athome 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.



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.



KE THE ROCKET SALAD small bowl, combine the lemon zest k yoghurt. \*TIP: Add as much or mon zest as you like depending on a preference. Set aside. In another bowl, combine the olive oil (1 tbs



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!** 

## 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	1/2	1
roasted hazelnuts	1 packet	2 packets
parsley	1 bunch	1 bunch
lemon	1	2
carrot	1	2
basil haloumi	1 block (180 g)	<b>2 blocks</b> (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** 

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rocket leaves and carrot. Just before serving,

toss to coat. \*TIP: Toss your salad just before

serving to prevent soggy leaves!