



# CARIBBEAN SWEET POTATO & BLACK BEAN SALAD

with Fetta & Toasted Coconut



Toast shredded coconut  
to bring out the flavour



Sweet Potato



Mild Caribbean Jerk  
Seasoning



Black Beans



Sweetcorn



Cucumber



Coriander



Long Red Chilli  
(Optional)



Lime



Shredded Coconut



Spinach & Rocket  
Mix



Fetta



Hands-on: **25** mins  
Ready in: **30** mins



Spicy (optional long  
red chilli)



Naturally gluten-free  
*Not suitable for Coeliacs*



Low calorie

Turn a vegetarian salad into a hearty flavour explosion with this medley of gently spiced sweet potato, black beans and fresh greens. It's a satisfying taste of Jamaica in a veggie-loaded and colourful bowl.

**Pantry Staples:** Olive Oil



## 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 SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1cm chunks. Place the sweet potato on an oven tray lined with baking paper. Sprinkle with the **mild Caribbean jerk seasoning** (see ingredients list) and **drizzle** with **olive oil**. Toss to coat, then roast until tender, **20-25 minutes**. Set aside to cool.



### 2 PREP THE VEG

While the sweet potato is roasting, drain and rinse the **black beans**. Drain the **sweetcorn**. Thinly slice the **cucumber** into half-moons. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Zest the **lime** to get a **good pinch**, then slice into wedges.



### 3 TOAST THE COCONUT

Heat a large frying pan over a medium-high heat. Once hot, add the **shredded coconut** (see ingredients list). Toast, tossing occasionally, for **2-3 minutes**, or until golden. Transfer to a small bowl and allow to cool. Once cooled, stir through the **lime zest** and a **pinch of salt** and **pepper**.



### 4 CHAR THE CORN & BEANS

Return the pan to a high heat with a **drizzle** of **olive oil**. Add the **sweetcorn** and **black beans** and cook, tossing, until the corn is golden and the beans have split slightly, **5 minutes**. Set aside. **TIP:** Cover with a lid if the corn kernels start to pop out of the pan.



### 5 TOSS THE SALAD

In a large bowl, combine the **olive oil** (1 tbs for 2 people / 2 tbs for 4 people), a **good squeeze** of **lime juice** and a **pinch** of **salt** and **pepper**. Add the **spinach & rocket mix**, charred **corn**, **black beans**, **cucumber**, the cooled **sweet potato**, **1/2** the **coriander** and **1/2** the **long red chilli** (if using). Just before serving, toss to coat.



### 6 SERVE UP

Divide the Caribbean sweet potato & black bean salad between plates. Crumble over the **fetta** and sprinkle with the toasted coconut, remaining coriander and remaining long red chilli (if using). Serve with any remaining lime wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	1	2
mild Caribbean jerk seasoning	½ sachet	1 sachet
black beans	1 tin	2 tins
sweetcorn	1 tin (125 g)	1 tin (300 g)
cucumber	1	2
coriander	1 bag	1 bag
long red chilli (optional)	1	2
lime	1	2
shredded coconut	½ packet	1 packet
spinach & rocket mix	1 bag (60 g)	1 bag (120 g)
fetta	1 block (25 g)	1 block (50 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1820kJ (435Cal)	396kJ (95Cal)
Protein (g)	16.5g	3.6g
Fat, total (g)	25.3g	5.5g
- saturated (g)	14.7g	3.2g
Carbohydrate (g)	36.5g	7.9g
- sugars (g)	12.4g	2.7g
Sodium (g)	1150mg	250mg

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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2019 | WK10

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