

Cuban Confetti Salad with Zesty Lime & Fetta Cheese

This warm salad infused with the vibrancy of Cuba is sure to have tummies rumbling. We've taken all that is edible about Cuba and presented it to you on a platter, in an explosion of confetti-like colour and flavour sure to thrill. Buen provecho!



Prep: 15 mins Cook: 30 mins





high fibre



Pantry Items







Cajun Spice Mix



Lime



Corn



Red Kidney Beans









Red Onion

Fetta Cheese

2P	4P	Ingredients	
400 g	800 g	sweet potato, cut into 2 cm cubes	
2 tsp	1 tbs	Cajun spice mix	
1 tbs	2 tbs	olive oil *	
1 cob	2 cobs	corn, shucked & kernels removed	
1/2	1	red onion, finely chopped	
1 tin	2 tins	red kidney beans, drained & rinsed	
½ punnet	1 punnet	cherry tomatoes, halved	\oplus
1	2	lime, zested & juiced	
1 block	2 blocks	fetta cheese, cubed	
1 bunch	2 bunches	coriander, leaves picked	

***	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

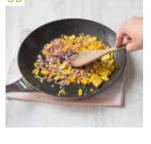
Nut	riti	on	per	serve

Energy	1750	Kj			
Protein	17.3	g			
Fat, total	14.5	g			
-saturated	5	g			
Carbohydrate	47.5	g			
-sugars	16.5	g			
Sodium	533	mg			



You will need: chef's knife, chopping board, zester, strainer, large bowl, baking paper lined oven tray, large frying pan, and a stirring spoon.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the sweet potato in a large bowl. Sprinkle with the Cajun spice mix and season with salt and pepper. Add half of the olive oil and toss to coat well. Place the sweet potato in a single layer on the prepared tray and cook in the oven for 30 minutes or until tender.
- 3 Heat the remaining olive oil in a large frying pan over a medium heat. Add the corn kernels, red onion and season with salt and pepper. Cook, stirring, for 3 minutes or until just tender. Add the red kidney beans, cherry tomatoes, the lime juice and a pinch of the lime zest. Cook, tossing, for 1 minute or until warmed through (take care not to break up the beans).



4 Toss through the roast sweet potato, **fetta cheese** and **coriander**. Season to taste with salt and pepper. Divide between plates and serve.





Did you know? Corn originates from a wild grass which was domesticated by indigenous North American farmers approximately 9000 years ago.