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## 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

**Total:** 45 mins



level 1



high fibre



spicy

### Pantry Items



Olive Oil



Sweet Potato



Cajun Spice Mix



Lime



Corn



Red Kidney Beans



Red Onion



Cherry Tomatoes



Fetta Cheese



Coriander

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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
½	1	red onion, finely chopped
1 tin	2 tins	red kidney beans, drained & rinsed
½ punnet	1 punnet	cherry tomatoes, halved
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

Nutrition 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.*

**1** 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.