



WARM THAI SWEET POTATO SALAD

with Peanut & Kaffir Lime Dressing



Make a salad dressing with coconut milk



Sweet Potato



Thai Red Curry Paste



Garlic



Kaffir Lime Leaves



Coconut Milk



Peanut Butter



Carrot



Cucumber



Lime



Mixed Salad Leaves



Roasted Peanut Cashew Mix

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Spicy (Thai red curry paste)

We love thinking outside the box, like using fragrant red curry paste to flavour roasted sweet potato, then adding a creamy coconut dressing to make a warm, satisfying salad. It's the Thai flavours you love, served in a fresh new way!

Pantry Staples: Olive Oil, Soy Sauce, Brown Sugar

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 saucepan**



1 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato**, **Thai red curry paste** (**1/2 tin for 2 people / 1 tin for 4 people**), a **drizzle of olive oil** and a **pinch of salt** and **pepper** in a medium bowl and toss to coat. Spread over an oven tray lined with baking paper and roast until tender, **20-25 minutes**. **TIP:** *Cut the sweet potato to the correct size so it cooks in the allocated time.*



2 PREP THE DRESSING

While the **sweet potato** is roasting, finely chop the **garlic** (or use a garlic press). Remove the centre veins, then very thinly slice the **kaffir lime leaves**. **TIP:** *The leaves are fibrous so make sure to cut them very thinly!*



3 MAKE THE DRESSING

Heat a **drizzle of olive oil** in a medium saucepan over a medium-high heat. Add the **garlic** and sliced **kaffir lime leaves** and cook until fragrant, **1 minute**. Add the **coconut milk**, **peanut butter**, **soy sauce** and **brown sugar**. Bring to the boil and stir to combine. Reduce the heat to medium and simmer until well combined and thickened slightly, **1-2 minutes**. Set aside to cool.



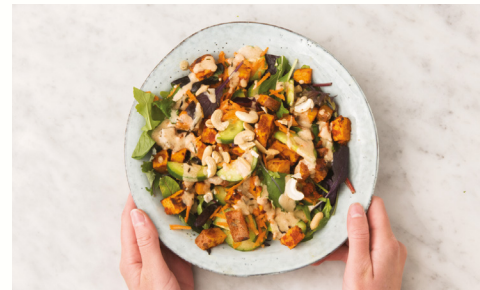
4 PREP THE SALAD

Grate the **carrot** (unpeeled). Thinly slice the **cucumber** into half-moons. Slice the **lime** (see ingredients list) into wedges.



5 BRING IT ALL TOGETHER

Place the **carrot**, **cucumber** and **mixed salad leaves** in a medium bowl. Just before serving, **drizzle** with a little **olive oil** and a **squeeze of lime juice** and toss to coat.



6 SERVE UP

Divide the salad between bowls and top with the Thai sweet potato. Drizzle with the peanut and kaffir lime dressing and sprinkle with the **roasted peanut cashew mix**. Serve with any remaining lime wedges.

TIP: *You can toss everything together if you prefer!*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
Thai red curry paste	½ tin (45g)	1 tin (95g)
garlic	1 clove	2 cloves
kaffir lime leaves	2 leaves	4 leaves
coconut milk	1 box (200ml)	2 boxes (400ml)
peanut butter	1 tub (40g)	2 tubs (80g)
soy sauce*	2 tsp	1 tbs
brown sugar*	2 tsp	1 tbs
carrot	1	2
cucumber	1	2
lime	½	1
mixed salad leaves	1 bag (60g)	1 bag (120g)
roasted peanut cashew mix	2 packets	4 packets

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3070kJ (734Cal)	542kJ (129Cal)
Protein (g)	20.7g	3.6g
Fat, total (g)	45.5g	8.0g
- saturated (g)	16.9g	3.0g
Carbohydrate (g)	51.6g	9.1g
- sugars (g)	30.2g	5.3g
Sodium (g)	1100mg	194mg

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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