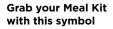


# Mexican Black Bean & Kumara Salad

with Creamy Lime & Coriander Dressing











Tortillas



Tomato

Sweetcorn





Coriander

Lime



**Black Beans** 

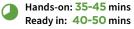
Mayonnaise



Spice Blend

**Baby Spinach** Leaves





## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Two oven trays lined with baking paper · Large frying pan

## Ingredients

ingicalcits			
	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	2 (medium)	2 (large)	
mini flour tortillas	3	6	
tomato	1	2	
sweetcorn	½ tin	1 tin	
coriander	1 bunch	1 bunch	
lime	1/2	1	
black beans	1 tin	2 tins	
mayonnaise	1 packet (100g)	2 packets (200g)	
sugar*	1 tsp	2 tsp	
water*	1 tsp	2 tsp	
Mexican Fiesta spice blend	1 sachet	1 sachet	
baby spinach leaves	1 bag (60g)	1 bag (120g)	

<sup>\*</sup>Pantry Items

### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	3100kJ (740Cal)	<b>481kJ</b> (115Cal)
Protein (g)	21.3g	3.3g
Fat, total (g)	32.4g	5.0g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	89.2g	13.8g
- sugars (g)	21.9g	3.4g
Sodium (mg)	1730mg	268mg

#### **Allergens**

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Roast the kumara

Preheat the oven to 220°C/200°C fan-forced. Cut the kumara (unpeeled) into 1cm chunks. Place the kumara, a drizzle of olive oil and a pinch of salt and pepper on an oven tray lined with baking paper. Toss to coat, then roast until tender, 20-25 minutes.

**TIP:** Cut the kumara to the correct size so it cooks in the allocated time.



# 2. Make crispy tortilla bits

While the kumara is roasting, cut the **mini flour tortillas** (see ingredients list) into 2cm pieces and place on a second oven tray lined with baking paper. **Drizzle** (or spray) with **olive oil** and season with **salt** and **pepper**. In the last **5 minutes** of kumara cook time, bake the **tortilla bits** until golden and crispy.



# 3. Get prepped

While the tortilla bits are baking, roughly chop the tomato. Drain the sweetcorn (see ingredients list). Finely chop the coriander (reserve some leaves for garnish!). Zest the lime (see ingredients list) to get a pinch, then juice to get 2 tsp for 2 people / 4 tsp for 4 people. Drain and rinse the black beans.



# 4. Make the dressing

In a small bowl, combine the mayonnaise, lime juice, lime zest, sugar, coriander, the water and a pinch of salt and pepper and mix well.

**TIP:** Add more or less lime juice depending on your taste!



# 5. Cook the beans & corn

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **sweetcorn** and **black beans** and cook, stirring, until softened, **5-6 minutes**. Add the **Mexican Fiesta spice blend** and cook, stirring, until fragrant, **1 minute**.



# 6. Serve up

Divide the **baby spinach leaves**, tomato, spiced beans and corn, roasted kumara and crispy tortilla bits between plates. Drizzle with the lime and coriander dressing. Garnish with the reserved coriander.

**Enjoy!**