



# Mexican Black Bean & Kumara Salad

with Creamy Lime & Coriander Dressing

Grab your Meal Kit with this symbol



Kumara



Mini Flour Tortillas



Tomato



Sweetcorn



Coriander



Lime



Black Beans



Mayonnaise



Mexican Fiesta Spice Blend



Baby Spinach Leaves

Hands-on: **35-45 mins**  
 Ready in: **40-50 mins**  
 Spicy (Mexican Fiesta spice blend)

Whip up a hearty vegetarian salad that's delicious and satisfying. With spiced black beans plus roasted kumara and a creamy lime dressing all tossed with baby spinach, this is a colourful bowl of goodness brimming with our favourite Mexican flavours!

**Pantry items**  
Olive Oil, Sugar

## 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

	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	½	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)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3100kJ (740Cal)	481kJ (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](https://www.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!**