



# Smokey Kumara Wedges

with Lemon & Coriander Aioli

Grab your Meal Kit with this symbol



Kumara



All-American  
Spice Blend



Lemon



Coriander



Garlic Aioli

Hands-on: 15 mins  
Ready in: 30 mins

We're predicting a dip frenzy when these wedges hit the table. Coated in our mild All-American spice blend and with a sensational lemon and coriander aioli for dipping, they're almost too good to share!

### Pantry items

Olive Oil

## 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

Oven tray lined with baking paper

## Ingredients

	2 People
olive oil*	refer to method
kumara	3
All-American spice blend	1 sachet
lemon	½
coriander	1 bunch
garlic aioli	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2301kJ (550Cal)	590kJ (141Cal)
Protein (g)	4.5g	1.2g
Fat, total (g)	32.8g	8.4g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	56.3g	14.4g
- sugars (g)	35.3g	9.1g
Sodium (mg)	1031mg	264mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and cut into wedges.

**TIP:** Leave the kumara unpeeled if you prefer.



## Make the lemon & coriander aioli

While the kumara is roasting, zest the **lemon** to get a pinch, then slice into wedges. Roughly chop the **coriander**. In a small bowl, combine the **garlic aioli**, **coriander**, **lemon zest** and a squeeze of **lemon juice**. Season with **salt** and **pepper**.



## Roast the kumara

Place the **kumara** on a lined oven tray. Sprinkle with the **All-American spice blend**, drizzle with **olive oil** and season with **salt**. Toss to coat. Add a splash of **water** to the tray, then roast the kumara until tender and golden, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Serve up

Transfer the kumara wedges to a serving plate. Serve with the lemon and coriander aioli and any remaining lemon wedges.

Enjoy!