

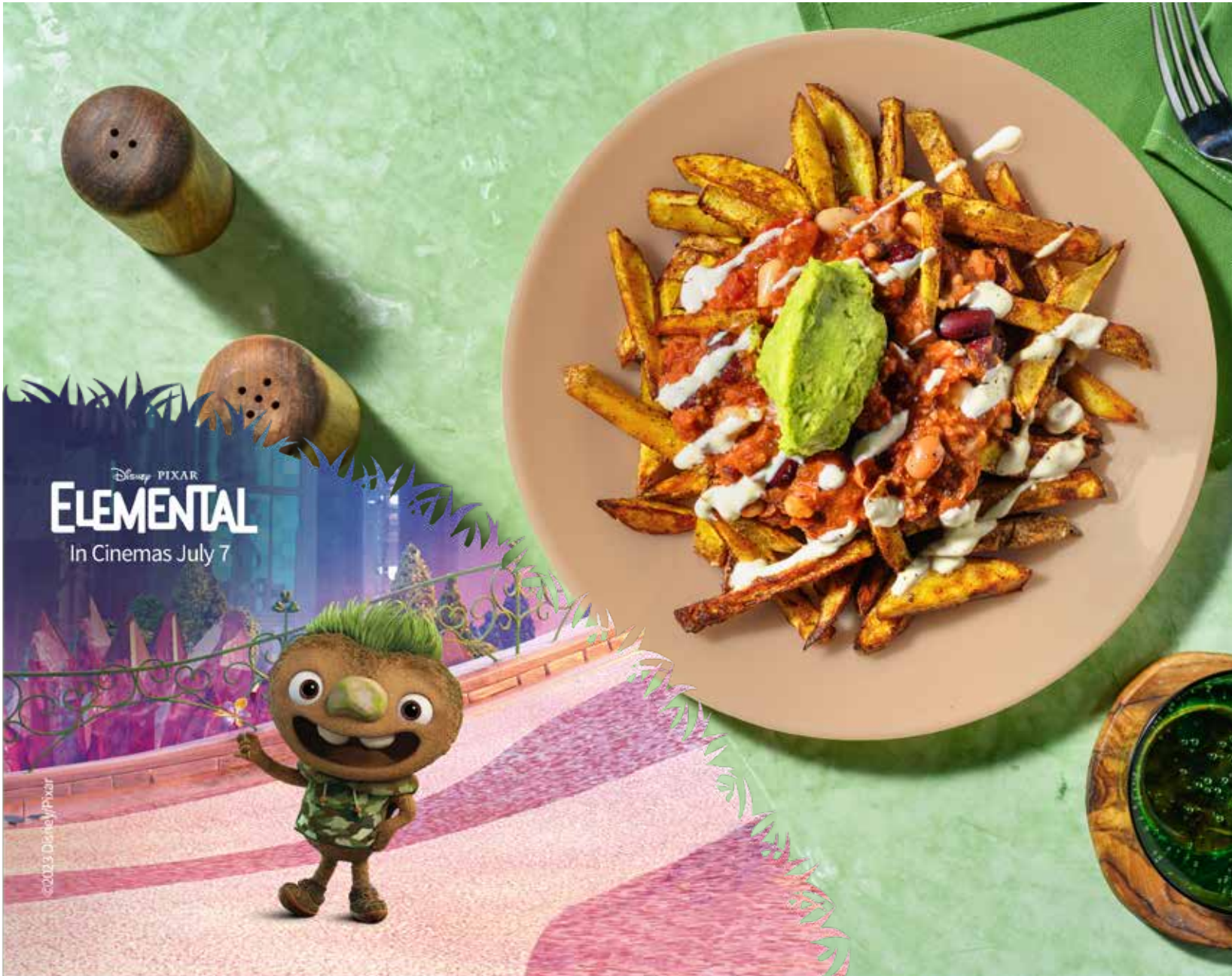


# Beany Boulder Loaded Fries

with Smashed Avocado and Soured Cream

21

Elemental 35-40 Minutes • Mild Spice • 5 of your 5 a day • Veggie



Potatoes



Central American Style Spice Mix



Garlic Clove



Onion



Mixed Beans



Lime



Avocado



Finely Chopped Tomatoes



Vegetable Stock Paste



Sun-Dried Tomato Paste



Soured Cream

**Pantry Items**

Oil, Salt, Pepper, Sugar



Be in your element this mealtime

We've teamed up with Disney and Pixar to celebrate the launch of the new family movie, "Elemental".

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, garlic press, sieve, frying pan, bowl and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Central American Style Spice Mix	1 sachet	1½ sachets	2 sachets
Garlic Clove**	1	2	2
Onion**	1	1.5	2
Mixed Beans	1 carton	1½ cartons	2 cartons
Lime**	1	1½	2
Avocado	1	1½	2
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Sun-Dried Tomato Paste	25g	38g	50g
Soured Cream** <b>7</b>	75g	120g	150g
Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3009 / 719	331 / 79
Fat (g)	26.9	2.9
Sat. Fat (g)	7.9	0.9
Carbohydrate (g)	98.7	10.9
Sugars (g)	22.5	2.5
Protein (g)	24.6	2.7
Salt (g)	3.55	0.39

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7) Milk 10) Celery**

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** if you'd like to, then sprinkle over half the **Central American style spice mix**. Toss to coat. Spread out in a single layer.  
**TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Sauce Things Up

Once the **onions** are cooked, lower the heat to medium.

Stir in the **garlic** and remaining **Central American style spice mix**. Fry for 1 min more.

Stir through the **chopped tomatoes**, **veg stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts), then simmer until thickened slightly, 3-4 mins.



## Finish the Prep

In the meantime, peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **onion** into small pieces.

Drain and rinse the **mixed beans** in a sieve.

Halve the **lime**.



## Spill the Beans

Stir the **beans** into the **sauce**, mashing **half** with a potato masher in the pan.

Add the **sun-dried tomato paste** and the remaining **lime juice** and cook, stirring to combine, for 1 min more. Remove from the heat.

Season with **salt** and **pepper** if you'd like to. Add a splash of **water** if you feel it needs it.



## Avo Good Day

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **onion** to the pan and stir-fry until softened, 4-5 mins.

Meanwhile, halve the **avocado** and remove the stone. Cut the **avocado** into chunks (while it's still in its skin), then use a tablespoon to scoop out the flesh into a small bowl.

Roughly mash the **avocado** with a fork, add **half** the **lime juice** and season with **salt** and **pepper** if you'd like to. Set aside. **Kids Step:** Use a fork to mash the avocado until it's as smooth as you'd like!



## Load up and Serve

Share the **fries** between your serving plates. Top with the **beany boulders**.

Drizzle over the **soured cream** if you'd like to. Finish with the **smashed avocado**.

**Kids Step:** Pile up your fries with the beany boulders and toppings to make a delicious mountain! **Enjoy!**



In Cinemas July 7

Grow your own

The first 5,000 customers to order our "Elemental" inspired recipes will get plantable seed paper in their box. Don't miss out - collect all 4!