



# Peri Peri Beany Loaded Wedges with Cheese, Avocado Salsa and Soured Cream

Classic 40-45 Minutes • Mild Spice • 4 of your 5 a day

43



Potatoes



Garlic Clove



Mixed Beans



Mature Cheddar Cheese



Lime



Avocado



Medium Tomato



Peri Peri Seasoning



Tomato Passata



Vegetable Stock Paste



Soured Cream



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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, grater, fine grater, bowl and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Garlic Clove**	2	3	4
Mixed Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	80g	120g
Lime**	1	1½	2
Avocado	1	1½	2
Medium Tomato	1	2	2
Peri Peri Seasoning	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste 10)	10g	15g	20g
Soured Cream** 7)	75g	150g	150g
Diced Chorizo**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Beans*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	822g	100g	867g	100g
Energy (kJ/kcal)	3273 / 782	398 / 95	4101 / 980	473 / 113
Fat (g)	35.3	4.3	51.5	5.9
Sat. Fat (g)	14.5	1.8	20.5	2.4
Carbohydrate (g)	90.8	11.0	92.2	10.6
Sugars (g)	15.0	1.8	15.3	1.8
Protein (g)	29.0	3.5	40.3	4.6
Salt (g)	2.70	0.33	5.28	0.61

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 your Wedges on

Preheat your oven to 220°C/200°C fan/gas mark 7.  
Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 30-40 mins. Turn halfway through.



## Simmer the Beans

Next, heat a drizzle of **oil** in a large saucepan on medium heat. Add the **garlic** and **peri peri seasoning**. Cook until fragrant, 30 secs.

Stir in the **beans**, **passata**, **veg stock paste**, **sugar** and **water for the beans** (see pantry for both amounts). Bring to the boil, then lower the heat and simmer until thickened, 8-10 mins. Stir occasionally.

## CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan before the **garlic**. Fry until it starts to brown, 2-3 mins, then add the **garlic** and continue as instructed.



## Get Prepped

Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **mixed beans** in a sieve.

Grate the **Cheddar cheese**. Zest and cut the **lime** into wedges.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board, then cut into 1cm chunks. Cut the **tomato** into 1cm chunks.



## Finish Up

When the **bean mixture** has thickened, squeeze in some **lime juice** from a **lime wedge**. Add a splash of **water** if it's a little too thick.

Taste and season with **salt**, **pepper** and more **lime juice** if needed, then remove from the heat.



## Make the Salsa

In a medium bowl, combine the **avocado**, **tomato chunks**, **lime zest** and a drizzle of **olive oil**.

Squeeze in some **lime juice** from a **lime wedge**, season with **salt** and **pepper** and toss to coat.

Taste and add more **lime juice** if needed. Set your **avocado salsa** aside.



## Serve

Share the **wedges** between your plates and spoon the **bean mixture** on top (reheat first if needed).

Sprinkle over the **cheese** and **avocado salsa**.

Finish with a dollop of **soured cream**.

Serve any remaining **lime wedges** on the side for squeezing over.

## Enjoy!