



Cheesy Cajun Loaded Wedges with Avocado and Soured Cream

Classic 40-45 Minutes • Medium Spice • 3 of your 5 a day

19



Potatoes



Cajun Spice Mix



Bell Pepper



Garlic Clove



Tomato Puree



Sweetcorn



Vegetable Stock Paste



Lime



Mature Cheddar Cheese



Soured Cream



Avocado



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Tomato Ketchup

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. Ingredients in red are hot!

Cooking tools

Baking tray, garlic press, frying pan, fine grater, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Cajun Spice Mix	1 sachet	2 sachets	2 sachets
Bell Pepper***	1	1½	2
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Sweetcorn	160g	240g	320g
Vegetable Stock Paste 10	10g	15g	20g
Lime**	1	1½	2
Mature Cheddar Cheese** 7	30g	40g	60g
Soured Cream** 7	75g	120g	150g
Avocado	1	1½	2
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Tomato Ketchup*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	738g	100g	782g	100g
Energy (kJ/kcal)	2930 /700	397 /95	3759 /898	480 /115
Fat (g)	29.6	4.0	45.8	5.9
Sat. Fat (g)	11.0	1.5	17.1	2.2
Carbohydrate (g)	95.9	13.0	97.3	12.4
Sugars (g)	16.7	2.3	16.9	2.2
Protein (g)	18.1	2.4	29.3	3.7
Salt (g)	2.28	0.31	4.86	0.62

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, cereals containing 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.

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Roast the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, sprinkle over **half** the **Cajun spice mix** (add less if you'd prefer things milder), then season with **salt** and **pepper**. 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.



Topping Time

While the **sauce** simmers, zest and halve the **lime**. Grate the **cheese**.

In a small bowl, mix together the **soured cream** and **lime zest**.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board and chop into 1cm chunks.

Pop the **avocado chunks** into another small bowl. Squeeze in some **lime juice** and season with **salt** and **pepper**. Stir to combine, then set all three **toppings** aside.



Get Sizzling

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sliced pepper** and fry, stirring, until soft and slightly charred, 5-6 mins.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan with the **sliced pepper** and fry until browned, 5-6 mins, then continue as instructed.



Finish the Sauce

When your **sauce** has thickened, remove the pan from the heat.

Squeeze in the remaining **lime juice** and stir to combine. Taste the **sauce** and add more **salt** and **pepper** if needed.



Spice Things Up

Once the **pepper** is charred, stir in the **garlic**, **tomato puree** and the remaining **Cajun spice mix**. Fry for 1 min. Season with **salt** and **pepper**.

Drain the **sweetcorn** in a sieve, then add to the pan.

Stir in the **veg stock paste**, **ketchup** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then simmer until thickened, 8-10 mins.



Load Up and Serve

Share the wedges between your plates, then top with the **corn** and **pepper mixture**.

Spoon over the **avocado** and top with dollops of the **zesty soured cream**.

Sprinkle over the **grated cheese** to finish.

Enjoy!