

Nacho Style Loaded Fries and Tomato Salsa

with 'Queso' Cheese Sauce and Chipotle Black Beans

Classic 30-35 Minutes • Medium Spice • 1 of your 5 a day



Potatoes



Red Leicester



Mature Cheddar Cheese



Black Beans



Cider Vinegar



Baby Plum Tomatoes



Vegetable Stock Paste



Creme Fraiche



Chipotle Paste



Tomato Puree



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter, Plain Flour, Sugar

+ Add Diced Chorizo

If you chose to add diced chorizo, then just follow the instructions on the back of this card.

Happy cooking!



Load up on flavour with our Nacho Style Loaded Fries and Tomato Salsa for a delicious veggie dinner. The main flavour here comes from chipotle, full of rich, smoky and fruity flavours with a kick from the chipotle chillies.

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, grater, sieve, bowl, saucepan, lid, frying pan and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Red Leicester** 7)	30g	45g	60g
Mature Cheddar Cheese** 7)	40g	70g	80g
Black Beans	1 carton	1½ cartons	2 cartons
Cider Vinegar 14)	15ml	22ml	30ml
Baby Plum Tomatoes	125g	190g	250g
Vegetable Stock Paste	20g	30g	30g
Creme Fraiche** 7)	75g	120g	150g
Chipotle Paste	20g	30g	40g
Tomato Puree	30g	45g	60g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Olive Oil for the Salsa*	½ tbsp	¾ tbsp	1 tbsp
Butter*	20g	30g	40g
Plain Flour*	1½ tbsp	2¼ tbsp	3 tbsp
Water for the Sauce*	100ml	150ml	200ml
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Beans*	75ml	115ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	750g	100g	795g	100g
Energy (kJ/kcal)	3526 /843	470 /112	4354 /1041	548 /131
Fat (g)	38.2	5.1	54.4	6.8
Sat. Fat (g)	21.7	2.9	27.7	3.5
Carbohydrate (g)	98.5	13.1	99.9	12.6
Sugars (g)	12.6	1.7	12.9	1.6
Protein (g)	28.3	3.8	39.6	5.0
Salt (g)	3.73	0.50	6.31	0.79


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

Allergens

7) Milk 14) Sulphites

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, mollusc, 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. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Fry Time

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**, then 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.



Add the Cheese

Bring to the boil, then stir and simmer until thickened, 1-2 mins. Stir in the **creme fraiche** and add all the **cheese**. Keep stirring until melted, then remove from the heat.

Taste and season with **salt** and **pepper** if needed. Cover with a lid to keep warm and set aside.



Time to Salsa

Meanwhile, grate both **cheeses**. Drain and rinse the **black beans** in a sieve. Quarter the **baby plum tomatoes**.

In a small bowl, combine the **cider vinegar**, **olive oil for the salsa** (see pantry for amount) and a good pinch of **sugar**. Season with **salt** and **pepper**, then stir in the **tomatoes**. Set aside to macerate.



Simmer the Beans

Next, add the **beans** to a medium frying pan on medium-high heat.

Roughly mash half of them using a potato masher. Stir in the **sugar** and **water for the beans** (see pantry for both amounts), **chipotle paste** (add less if you'd prefer things milder), **tomato puree** and the remaining **vegetable stock paste**. Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.

Taste and season with **salt** and **pepper** if needed. Remove from the heat and cover with a lid to keep warm.



Start the Queso Sauce

Melt the **butter** (see pantry for amount) in a small saucepan on medium-high heat.

Once melted, stir in the **flour** (see pantry for amount). Cook until it forms a paste, 1-2 mins - you've made a **roux**!

Stir in **half** the **vegetable stock paste** and the **water for the sauce** (see pantry for amount) a little at a time.

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan before the **flour**, fry, 3-4 mins, then add the **flour** and continue as instructed.



Serve

Just before the **fries** are ready, reheat the **queso sauce** or **bean mixture** if needed. Add a splash of **water** if they've thickened.

Share the **fries** between your plates.

Top with the **beans** and drizzle over the **queso sauce**. Spoon over the **salsa** to finish - **fries** loaded!

Enjoy!