



# Smoky Bean Loaded Wedges with Avocado and Cheese

42

Classic 30-35 Minutes • **Very Hot** • 3 of your 5 a day



Potatoes



Roasted Spice and Herb Blend



Bell Pepper



Red Onion



Black Beans



Tomato Puree



Vegetable Stock Paste



Hot Sauce



Lime



Avocado



Greek Style Salad Cheese



Diced Chorizo

### Pantry Items

Oil, Salt, Pepper, Honey, Mayonnaise

### + Add Diced Chorizo

If you chose to add diced chorizo, 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, sieve, frying pan, fine grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Red Onion	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Vegetable Stock Paste	10g	15g	20g
Hot Sauce	30g	60g	60g
Lime	1	1½	2
Avocado	1	2	2
Greek Style Salad Cheese** 7)	100g	150g	200g
Diced Chorizo** 7)	90g	120g	180g

Pantry	2P	3P	4P
Honey	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce	100ml	150ml	200ml
Mayonnaise	2 tbsp	3 tbsp	4 tbsp

\*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	751g	100g	796g	100g
Energy (kJ/kcal)	3222/770	429/103	4050/968	509/122
Fat (g)	38.6	5.1	54.9	6.9
Sat. Fat (g)	12.5	1.7	18.5	2.3
Carbohydrate (g)	81.4	10.8	83.2	10.4
Sugars (g)	21.8	2.9	22.1	2.8
Protein (g)	25.1	3.3	36.4	4.6
Salt (g)	3.18	0.42	5.76	0.72


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

## Allergens

### 7) Milk

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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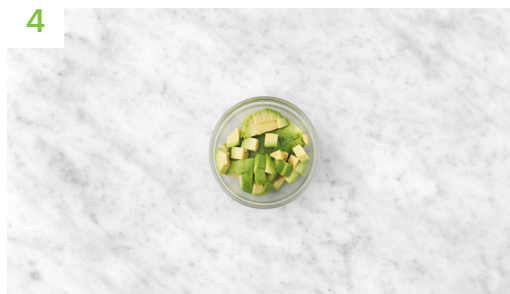
## Bake the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle with the **roasted spice and herb blend** and 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.



## Toss the Avocado

Meanwhile, zest and halve the **lime**.

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

In a small bowl, squeeze in **half the lime juice**. Add the **avocado** and stir to combine.



## Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **red onion**. Drain and rinse the **black beans** in a sieve.

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

Once hot, add the **sliced pepper and onion** and fry until just soft, 5-6 mins. Continue to stir while it cooks.

### + Add Diced Chorizo

If you're adding **chorizo**, add to the pan with the **beans**. Fry for the same amount of time, then continue as instructed.



## Zest it Up

When the **beans** are ready, stir in the **lime zest**.

Slice the remaining **lime** into wedges.

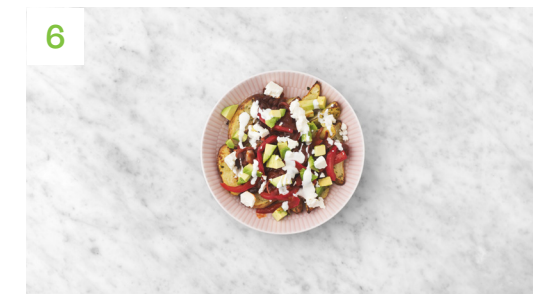


## Simmer the Sauce

Stir the **tomato puree** into the **veg**. Stir-fry for 1 min.

Add the **beans, vegetable stock paste, hot sauce, honey** and **water for the sauce** (see pantry for both amounts) to the pan. Season with **salt and pepper**, then mix to combine.

Bring to the boil, then simmer until the **sauce** has thickened, 4-5 mins.



## Assemble and Serve

Once the **wedges** are ready, divide between your bowls. Spoon over the **beans** and remaining **sauce** in the pan- **wedges** loaded!

Top with the **avocado chunks** and crumble over the **cheese**.

Drizzle over the **mayonnaise** (see pantry for amount) to finish. Serve with a **lime wedge** on the side.

Enjoy!