













# Cheesy Cajun Loaded Wedges

with Avocado and Soured Cream

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**Classic** 35-40 Minutes • Medium Spice • 3 of your 5 a day • Veggie



-  Potatoes
-  Cajun Spice Mix
-  Bell Pepper
-  Garlic Clove
-  Tomato Puree
-  Sweetcorn
-  Vegetable Stock Paste
-  Lime
-  Mature Cheddar Cheese
-  Soured Cream
-  Avocado

**Pantry Items**  
Oil, Salt, Pepper, Tomato Ketchup

## 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, 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	150g	225g	300g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Lime**	1	1½	2
Mature Cheddar Cheese** <b>7</b>	60g	90g	120g
Soured Cream** <b>7</b>	75g	120g	150g
Avocado	1	1½	2
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 green, yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>708g</b>	<b>100g</b>
Energy (kJ/kcal)	3109 / 743	439 / 105
Fat (g)	35.0	5.0
Sat. Fat (g)	14.4	2.0
Carbohydrate (g)	91.5	12.9
Sugars (g)	17.8	2.5
Protein (g)	22.5	3.2
Salt (g)	2.89	0.41

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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## 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. Sprinkle over **half** the **Cajun spice mix** (add less if you'd prefer things milder). 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.



## 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**. Set aside.

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

Pop the **avocado** into another small bowl. Squeeze over **half** the **lime juice** and season with **salt** and **pepper**. Stir to combine, then set aside.



## Char the Pepper

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 **pepper** and fry, stirring, until soft and slightly charred, 5-6 mins.



## Zest and Season

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

Add the **garlic**, **tomato puree** and remaining **Cajun spice mix** to the **pepper**. Stir well and fry for 1 min. Season with **salt** and **pepper**.

Pour in the **sweetcorn** and the **liquid** from the tin.

Stir in the **vegetable 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!