

# Fajita Veg and Black Bean Loaded Wedges

with Cheese, Avocado and Zesty Soured Cream

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



Potatoes



Bell Pepper



Red Onion



Lime



Garlic Clove



Black Beans



Mature Cheddar  
Cheese



Avocado



Chipotle Paste



Vegetable Stock  
Paste



Soured Cream

## 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, fine grater, garlic press, sieve, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Lime**	1	1	1
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** (7)	60g	90g	120g
Avocado**	1	1½	2
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste (10)	10g	15g	20g
Soured Cream** (7)	75g	150g	150g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*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	Per serving	Per 100g
for uncooked ingredient	798g	100g
Energy (kJ/kcal)	3315 /792	416 /99
Fat (g)	35.7	4.5
Sat. Fat (g)	14.5	1.8
Carbohydrate (g)	94.4	11.8
Sugars (g)	14.8	1.9
Protein (g)	28.9	3.6
Salt (g)	2.65	0.33

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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## Cook 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**, 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.



## Make your Fajita Mix

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

Once the **oil** is hot, add the **pepper** and **onion** and stir-fry until just soft, 4-5 mins.

Turn the heat down to medium, then add the **garlic** and **chipotle paste** (add less if you'd prefer things milder). Stir-fry for 1 min.

Stir in the **black beans**, **vegetable stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.



## Get Prepped

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and thinly slice the **red onion**.

Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **black beans** in a sieve. Grate the **cheese**.



## Zest It Up

Meanwhile, in a small bowl, combine the **soured cream** and **lime zest**. Set your **zesty soured cream** aside.

When the **fajita mix** is ready, squeeze in some **lime juice**. Taste and season with **salt** and **pepper** if needed.



## Avocado Time

Halve the **avocado** and remove the stone.

Use a tablespoon to scoop the flesh out onto a board and cut into chunks.



## Load and Serve

When everything's ready, share the **wedges** between your plates and top with the **fajita mix**.

Scatter the **cheese** and **avocado** all over. Finish with a big dollop of the **zesty soured cream - wedges** loaded!

Serve with any remaining **lime** cut into **wedges** for squeezing over.

## Enjoy!