



Loaded Wedges

with Chorizo & Bean Chilli and Cheese

2A

Special Sides 35-40 Minutes • Medium Spice • 1 of your 5 a day



Potatoes



Garlic Clove



Mixed Beans



Chorizo



Chipotle Paste



Chicken Stock Paste



Mature Cheddar
Cheese



Coriander

Pantry Items
Oil, Salt, Pepper

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, sieve, bowl, frying pan, grater and ovenproof dish.

Ingredients

Ingredients	Quantity
Potatoes	450g
Garlic Clove**	2
Mixed Beans	1 carton
Chorizo**	60g
Chipotle Paste	20g
Chicken Stock Paste	10g
Mature Cheddar Cheese** 7)	30g
Coriander**	1 bunch

Pantry	Quantity
Water for the Sauce*	100 ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2013/481	491/117
Fat (g)	18.6	4.5
Sat. Fat (g)	7.8	1.9
Carbohydrate (g)	51.7	12.6
Sugars (g)	4.0	1.0
Protein (g)	25.9	6.3
Salt (g)	3.49	0.85

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, 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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1



Roast the Wedges

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

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

c) Pop the **wedges** 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.

d) Once your oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

2



Bring on the Beans

a) Meanwhile, peel and grate the **garlic** (or use a garlic press). Drain and rinse the **mixed beans** in a sieve. Pop **half** the **beans** into a bowl and mash with the back of a fork.

b) Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **chorizo** and fry until golden and slightly crispy, 2-3 mins.

c) Stir in the **garlic** and **chipotle paste** (add less if you'd prefer things milder). Cook for 1 min.

d) Add the **beans** (both whole and mashed), **water for the sauce** (see pantry for amount), **chicken stock paste** and a pinch of **sugar** (if you have any).

3



Finish and Serve

a) Bring the **bean mixture** to the boil and simmer until the liquid has almost evaporated, 6-8 mins. Meanwhile, grate the **cheese**. Roughly chop the **coriander** (stalks and all).

b) When the **wedges** are cooked, remove from the oven and turn your oven to grill setting.

c) Pop the **wedges** into a medium-sized ovenproof dish and spoon over the **beans**. Sprinkle over the **cheese** and grill until golden, 2-3 mins.

d) Sprinkle over the **coriander** and serve.

Enjoy!