



Mexican Style Beef Loaded Wedges

with Spring Onion and Lime

Nº 2

CLASSIC 40 Minutes • Medium Spice • 2 of your 5 a day



Potato



Red Pepper



Carrot



Garlic



Beef Mince



Mexican Spice



Tomato Passata



Beef Stock Powder



Black Beans



Cheddar Cheese



Spring Onion



Lime

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Coarse Grater, Fine Grater (or Garlic Press), Frying Pan, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Red Pepper**	1	2	2
Carrot**	1	1	2
Garlic**	1 clove	1 clove	2 cloves
Beef Mince**	240g	360g	480g
Mexican Spice	1 small sachet	¾ large sachet	1 large sachet
Tomato Passata	1 sachet	1½ sachets	2 sachets
Water*	150ml	200ml	300ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Black Beans	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Spring Onion**	1	2	2
Lime**	½	1	1

*Not Included ** Store in the Fridge

Nutrition

	Per serving 757g	Per 100g 100g
for uncooked ingredient		
Energy (kJ/kcal)	3105 / 742	410 / 98
Fat (g)	31	4
Sat. Fat (g)	15	2
Carbohydrate (g)	67	9
Sugars (g)	14	2
Protein (g)	47	6
Salt (g)	2.46	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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You can recycle me!

Packed in the UK



1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!) Put on a large roasting tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together, spread out in a single layer and roast on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



4. Finish the Prep

While everything is cooking, drain and rinse the **black beans** in a sieve, then stir into the **beef**. Grate the **Cheddar cheese**, trim the **spring onion** and thinly slice, keep to one side. Cut the **lime** into wedges for squeezing over.



2. Prep and Cook!

Meanwhile, halve the **pepper** and remove the core and seeds. Slice into thin strips. Trim, then coarsely grate the **carrot** (no need to peel!). Peel and grate the **garlic** (or use a garlic press). Heat a splash of **oil** in a large frying pan over medium-high heat. When hot, add the **beef mince** and cook until browned, 4-5 mins, breaking it up with a wooden spoon as it cooks. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



5. Grill Until Bubbling

When the **wedges** are ready, transfer to an ovenproof dish and put your grill on high. When your **beef mix** is thick and saucy, season to taste with **salt** and **pepper**. Spoon it on top of the **wedges**. Sprinkle on the **Cheddar cheese** and pop under the grill. Grill until the **cheese** is golden and bubbly, 2-3 mins. Get ready to serve.



3. Simmer the Sauce

Add the **carrot** and **pepper** to the pan along with the **Mexican spice** and **garlic**. Cook for a couple of minutes then add the **tomato passata**, **water** (see ingredients for amount) and **stock powder**. Stir and bring to the boil. Once boiling, reduce the heat and simmer until the sauce is thick and tomatoey, 10-12 mins, stirring occasionally.



6. Finish and Serve

Finish with a sprinkle of **spring onion** and **lime wedges** for squeezing. Pop in the middle of the table and dig in. Have plenty of napkins close to hand, it could get messy...!

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.