



Mexican Style Beef Loaded Wedges

with Avocado, Beans and Cheese

N° 8

Family Hands On Time: 20 Minutes • Total Time: 40 Minutes • Medium Spice • 2 of your 5 a day



Potatoes



Avocado



Carrot



Garlic



Beef Mince



Mexican Spice



Tomato Passata



Beef Stock Paste



Black Beans



Cheddar Cheese



Spring Onion



Lime

Before you start

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

Cooking tools, you will need:

Baking Tray, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Sieve, Ovenproof Dish, Plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Avocado**	1	2	2
Carrot**	1	1	2
Garlic	1	1	2
Beef Mince**	240g	360g	480g
Mexican Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water*	150ml	225ml	300ml
Beef Stock Paste	10g	15g	20g
Black Beans	1 carton	1½ cartons	2 cartons
Cheddar Cheese 7)*	60g	90g	120g
Spring Onion**	1	2	2
Lime**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	758g	100g
Energy (kJ/kcal)	3704/885	488/117
Fat (g)	47	6
Sat. Fat (g)	19	3
Carbohydrate (g)	67	9
Sugars (g)	9	1
Protein (g)	47	6
Salt (g)	2.57	0.34

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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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.



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 and thinly slice the **spring onion**, keep to one side. Cut the **lime** into **wedges** for squeezing over. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop the flesh out into a bowl and crush with a fork. Season to taste with a squeeze of lime juice, salt and **pepper**.



Start the Beef

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:** Wash your hands and equipment after handling raw mince. Drain and discard any excess fat from the **beef**.



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.



Simmer the Sauce

Add the **carrot** 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 paste**. 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. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish and Serve

Finish with a sprinkle of **spring onion** and **lime wedges** for squeezing over. Pop in the middle of the table with the **avocado** alongside 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.