



Mexican Style Beef Loaded Wedges with Cheddar, Black Beans and Pepper

2

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day



Potatoes



Bell Pepper



Garlic Clove



Beef Mince



Mexican Style
Spice Mix



Tomato Passata



Beef Stock Paste



Black Beans



Mature Cheddar
Cheese



Spring Onion

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, frying pan, sieve and grater.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Garlic Clove**	1	1	2
Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Beef Stock Paste	10g	15g	20g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	90g	120g
Spring Onion**	1	2	2

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be red, orange, or yellow to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	693g	100g
Energy (kJ/kcal)	3067 /733	443 /106
Fat (g)	31.0	4.5
Sat. Fat (g)	15.2	2.2
Carbohydrate (g)	65.2	9.4
Sugars (g)	10.4	1.5
Protein (g)	45.8	6.6
Salt (g)	2.74	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

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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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 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, 25-35 mins. Turn halfway through.



Add the Beans

Meanwhile, drain and rinse the **black beans** in a sieve.

Halfway through simmering, stir the **beans** into the **beef mixture**.



Cook the Mince

Meanwhile, halve the **pepper** and remove the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press).

Heat a large frying pan on medium-high heat (no oil).

Once hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Grate and Slice

While the **sauce** thickens, grate the **cheese**. Trim and thinly slice the **spring onion**.



Simmer the Sauce

Once the **mince** is browned, add the **sliced pepper**, **Mexican style spice mix** and **garlic** to the pan and cook for 2-3 mins.

Add the **tomato passata**, **water for the sauce** (see ingredients for amount) and **beef stock paste**. Stir and bring to the boil, then reduce the heat and simmer until the **sauce** is thick, 10-12 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish and Serve

When everything is cooked, taste and season the **beef mixture** with **salt** and **pepper** if needed.

Share the **wedges** between your plates, then top with the **beef - wedges** loaded!

Scatter with the **cheese** and **spring onion** to finish.

Enjoy!