



# Mexican Style Beef Loaded Wedges

with Cheddar, Black Beans and Pepper

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

2



Potatoes



Bell Pepper



Garlic Clove



Beef Mince



Mexican Style  
Spice Mix



Tomato Passata



Beef Stock  
Paste



Black Beans



Mature Cheddar  
Cheese

**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, garlic press, sieve and grater.

## Ingredients

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
Beef Stock Paste	10g	15g	20g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	80g	120g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*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	687g	100g
Energy (kJ/kcal)	3158/755	460/110
Fat (g)	33.8	4.9
Sat. Fat (g)	16.0	2.3
Carbohydrate (g)	65.4	9.5
Sugars (g)	11.3	1.6
Protein (g)	51.0	7.4
Salt (g)	3.12	0.45

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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## 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 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, 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 fry 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.



## Cheese Please

While the **sauce** thickens, grate the **cheese**.



## Simmer your 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 pantry for amount) and **beef stock paste**. Stir and bring to the boil, then reduce the heat.

Simmer, stirring occasionally, until the **sauce** is thick, 10-12 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Finish and Serve

When everything's ready, 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** to finish.

## Enjoy!