



Mexican Style Beef Loaded Wedges

with Cheddar, Black Beans and Soured Cream

Family 40-45 Minutes • Mild Spice • 2 of your 5 a day

2



Potatoes



Garlic Clove



Beef Mince



Mexican Style Spice Mix



Tomato Passata



Beef Stock Paste



Black Beans



Mature Cheddar Cheese



Soured Cream



Chorizo

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, frying pan, sieve and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
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)	30g	40g	60g
Soured Cream** 7)	75g	150g	150g
Chorizo**	90g	120g	180g

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

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	629g	100g	673g	100g
Energy (kJ/kcal)	3091/739	492/118	3919/936	581/139
Fat (g)	34.7	5.5	50.9	7.6
Sat. Fat (g)	16.6	2.6	22.6	3.4
Carbohydrate (g)	63.8	10.1	65.2	9.7
Sugars (g)	9.4	1.5	9.6	1.4
Protein (g)	46.8	7.4	58.0	8.6
Salt (g)	2.99	0.48	5.57	0.83

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). Put 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.

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, 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.

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, fry the **mince** for 2 mins, then add the **chorizo**. Fry until both start to brown, 3-4 mins, then continue as instructed.



Cheese Please

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



Simmer your Sauce

Once the **mince** is browned, add the **Mexican style spice mix** (add less if you'd prefer things milder) 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** and top with a dollop of **soured cream** to finish.

Enjoy!