



Plant-Based Mexican Mince Loaded Fries

with 'Cheeze' & Tomato Cucumber Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Cucumber



Baby Spinach Leaves



Plant-Based Mince



Tex-Mex Spice Blend



Enchilada Sauce



Plant-Based Grated Cheese



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Plant-Based*

*Custom Recipe is not Plant-Based

Crispy and golden, these fries are the perfect foundations for all the tasty toppings that are packed onto this loaded dish. Spinach, Mexican 'mince', cheeze and enchilada sauce also deserve some solid recognition for levelling up this meal!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
tomato	1	2
cucumber	1	2
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
plant-based mince	1 packet	2 packets
Tex-Mex spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
enchilada sauce	1 packet (150g)	2 packets (300g)
water*	¼ cup	½ cup
plant-based butter*	20g	40g
brown sugar*	½ tsp	1 tsp
plant-based grated cheese	1 packet	2 packets
beef mince	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2259kJ (540Cal)	349kJ (83Cal)
Protein (g)	25.5g	3.9g
Fat, total (g)	23.6g	3.6g
- saturated (g)	7.1g	1.1g
Carbohydrate (g)	50.9g	7.9g
- sugars (g)	12g	1.9g
Sodium (mg)	1999mg	309mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2197kJ (525Cal)	412kJ (98Cal)
Protein (g)	34.6g	6.5g
Fat, total (g)	24.2g	4.5g
- saturated (g)	9.9g	1.9g
Carbohydrate (g)	37.8g	7.1g
- sugars (g)	6g	1.1g
Sodium (mg)	1491mg	280mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

4



Cook the mince

- When fries have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based mince**, breaking up with a spoon, until just browned, **4-5 minutes**.

Custom Recipe: If you've swapped to beef mince, cook beef mince in the same way as above, draining oil from the pan before adding the spice blend in the next step.

2



Get prepped

- Meanwhile, finely chop **tomato**.
- Slice **cucumber** into rounds.
- Roughly chop **baby spinach leaves**.

5



Add the flavourings

- To pan, add **Tex-Mex spice blend** and cook until fragrant, **1 minute**.
- Stir through **enchilada sauce**, the **water** the **plant-based butter** and the **brown sugar**, cook until slightly thickened, **1-2 minutes**.

3



Toss the salad

- In a medium bowl, combine **tomato**, **baby spinach**, **cucumber** and a drizzle of the **white wine vinegar** and **olive oil**. Season.

6



Serve up

- Divide fries between plates.
- Top with Mexican mince, **plant-based grated cheese** and tomato-cucumber salad to serve. Enjoy!

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