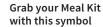


Plant-Based Mexican Mince Loaded Fries

with 'Cheeze' & Tomato Cucumber Salad

CLIMATE SUPERSTAR











Cucumber

Baby Spinach



Plant-Based



Spice Blend

Mince





Enchilada Sauce



Grated Cheese

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





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!

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 \cdot Large frying pan

Ingredients

ingi caici ita			
2 People	4 People		
refer to method	refer to method		
3	6		
1	2		
1	2		
1 small bag	1 medium bag		
drizzle	drizzle		
1 packet	2 packets		
1 medium sachet	2 medium sachets OR 1 large sachet		
1 packet (150g)	2 packets (300g)		
1/4 cup	½ cup		
20g	40g		
½ tsp	1 tsp		
1 packet	2 packets		
1 small packet	2 small packets OR 1 large packet		
	refer to method 3 1 1 1 small bag drizzle 1 packet 1 medium sachet 1 packet (150g) 1/4 cup 20g 1/2 tsp 1 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





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**.



Get prepped

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



Toss the salad

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



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.



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.



Serve up

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

Rate your recipe

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