

Plant-Based Fiery Bac'n & Bean Loaded Wedges

with Corn & Pickled Onion Salsa

ALTERNATIVE PROTEIN

Grab your Meal Kit with this symbol



Potato



Carrot



Red Onion



Garlic



Tomato



Corn Kernels



Black Beans



Plant-Based Bacon Bits



Tomato Paste



Mexican Fiesta Spice Blend



Plant-Based Mayonnaise



Coriander



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

Plant Based

In our kitchen, we love loaded wedges just as much as the next person, especially when we realise that no cutlery is needed to devour these delights. With black beans and plant-based smoky bac'n, we've got ample protein that pairs with the crispy wedges and salsa, so well!

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

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
carrot	1	2
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
corn kernels	1 tin	2 tins
black beans	1 packet	2 packets
white wine vinegar*	¼ cup	½ cup
plant-based bacon bits	1 packet (90g)	2 packets (180g)
tomato paste	1 medium packet	1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
water*	½ cup	1 cup
plant-based butter*	20g	40g
plant-based mayonnaise	1 packet (50g)	2 packets (100g)
coriander	1 bag	1 bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3227kJ (771Cal)	365kJ (87Cal)
Protein (g)	40.6g	4.6g
Fat, total (g)	29.3g	3.3g
- saturated (g)	3.7g	0.4g
Carbohydrate (g)	78g	8.8g
- sugars (g)	22.4g	2.5g
Sodium (mg)	1628mg	184mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3244kJ (775Cal)	367kJ (88Cal)
Protein (g)	35.1g	4g
Fat, total (g)	32.9g	3.7g
- saturated (g)	5.9g	0.7g
Carbohydrate (g)	76.6g	8.7g
- sugars (g)	22.6g	2.6g
Sodium (mg)	1595mg	180mg

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 wedges

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

TIP: If your oven tray is crowded, divide the wedges between two trays.

4



Cook the beans

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and remaining **onion**, stirring, until tender, **3-4 minutes**. Add **black beans** and cook, stirring, until tender, **2 minutes**.
- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat. Add **tomato paste**, **garlic** and **Mexican Fiesta spice blend** and cook until fragrant, **1-2 minutes**.
- Stir through the **water** and **plant-based butter**. Simmer until sauce is thickened, **1-2 minutes**. Season to taste.

TIP: Add another splash of water if the mixture looks dry.

2



Get prepped

- Meanwhile, grate **carrot**. Thinly slice **red onion**. Finely chop **garlic** and **tomato**. Drain **corn kernels**. Drain and rinse **black beans**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Scrunch half of the **sliced onion** in your hands, then add it to **pickling liquid**. Add enough water to just cover onion. Set aside.

5



Toss the salsa

- Drain **pickled onion**, reserving a splash of the **pickling liquid**.
- In a medium bowl, combine **corn**, **tomato**, **pickled onion**, a drizzle of **olive oil** and the reserved **pickling liquid**. Toss to combine and season.

3



Cook the bac'n

- Heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **plant-based bacon bits**, tossing, until browned, **3-4 minutes**. Transfer to a bowl and set aside.

Custom Recipe: If you've swapped to diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to a bowl and set aside.

6



Serve up

- Divide potato wedges between plates.
- Top with black beans, bac'n bits, corn and pickled onion salsa and **plant-based mayonnaise**.
- Tear over **coriander** to serve. Enjoy!

Rate your recipe

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