

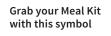
Plant-Based Mince Loaded Fries

with Coconut Yoghurt, Caramelised Onion & Jalapeño Salsa

GAME NIGHT

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR















Tomato

Carrot



Baby Spinach

Pickled Jalapeños (Optional)







Corn Kernels



All-American



Spice Blend

Coconut Yoghurt



Plant-Based Smokey Aioli



Prep in: 15-25 mins Ready in: 30-40 mins

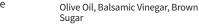
Plant-Based*

*Custom Recipe is not Plant Based



Turn oven fries into a meal by loading them up with plant-based mince that's been busy cooking with carrot and our All-American spice blend for a sweet and smoky depth of flavour. Add the finishing touches with a spoonful of a Calorie Smart quick caramelised onion and a juicy, colourful salsa which you can make as mild or as spicy as you'd like.





Pantry items

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

LS	
2 People	4 People
refer to method	refer to method
2	4
1	2
1 tbs	2 tbs
1 tsp	2 tsp
1	2
1	2
1 medium packet	1 large packet
1 small bag	1 medium bag
1 small tin	2 small tins
1 packet	2 packets
1 medium sachet	2 medium sachets
2 tsp	4 tsp
1 medium packet	1 large packet
1 packet (50g)	2 packets (100g)
1 small packet	2 small packets OR 1 large packet
	2 People refer to method 2 1 1 tbs 1 tsp 1 1 1 medium packet 1 small bag 1 small tin 1 packet 1 medium sachet 2 tsp 1 medium packet 1 packet 1 packet (50g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2602kJ (622Cal)	393kJ (94Cal)
Protein (g)	25.5g	3.9g
Fat, total (g)	32.5g	4.9g
- saturated (g)	7.4g	1.1g
Carbohydrate (g)	51.5g	7.8g
- sugars (g)	22.9g	3.5g
Sodium (mg)	1512mg	228mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2695kJ (644Cal)	392kJ (94Cal)
Protein (g)	37.2g	5.4g
Fat, total (g)	33.1g	4.8g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	46.1g	6.7g
- sugars (g)	21.8g	3.2g
Sodium (mg)	988mg	144mg

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.



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.

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



Cook the plant-based mince

- When the fries have 10 minutes remaining, return frying pan to medium-high heat with a drizzle of olive oil. Cook plant-based mince and carrot, breaking up mince with a spoon, until just browned, 4-5 minutes.
- Add All-American spice blend and cook, stirring, until fragrant, 1 minute.
- Add the water and cook until slightly thickened, 2-3 minutes.
- Meanwhile, in a mediun bowl, combine tomato, jalapeños, baby spinach leaves, corn and a drizzle of olive oil. Toss to coat. Season to taste.

TIP: Some like it hot, but if you don't, hold back on the jalapeños!

Custom Recipe: If you've swapped to beef mince, heat pan as above (no need for oil). Cook beef mince with the carrot, as above. Continue with step.



Caramelise the onion

- Meanwhile, thinly slice red onion.
- In a large frying pan, heat a drizzle of olive oil over medium heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Reduce heat to low. Add the balsamic vinegar, brown sugar and a splash of water. Mix well. Cook until dark and sticky, 3-5 minutes. Transfer to a small bowl.
- While the onion is cooking, grate carrot. Finely chop tomato. Roughly chop pickled jalapeños (if using) and baby spinach leaves. Drain corn kernels.



Serve up

- · Divide fries between plates.
- Load the fries up with plant-based mince, caramelised onion and jalapeño salsa.
- Top with plant-based coconut yoghurt and drizzle with plant-based smokey aioli to serve. Enjoy!

Custom Recipe: Load fries with beef, caramelised onion and jalapeño salsa to serve.

We're here to help!
Scan here if you have any questions or concerns
2024 | CW06

