



Plant-Based Mince Loaded Fries

with Coconut Yoghurt, Caramelised Onion & Jalapeño Salsa

GAME NIGHT

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Potato



Red Onion



Carrot



Tomato



Pickled Jalapeños (Optional)



Baby Spinach Leaves



Corn Kernels



Plant-Based Mince



All-American Spice Blend



Plant-Based Coconut Yoghurt



Plant-Based Smokey Aioli



Beef Mince

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

Calorie Smart

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.

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

Pantry items

Olive Oil, Balsamic Vinegar, 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	2	4
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
tomato	1	2
pickled jalapeños  (optional)	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
corn kernels	1 small tin	2 small tins
plant-based mince	1 packet	2 packets
All-American spice blend	1 medium sachet	2 medium sachets
water*	2 tsp	4 tsp
plant-based coconut yoghurt	1 medium packet	1 large packet
plant-based smokey aioli (50g)	1 packet	2 packets (100g)
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)	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.

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**.

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

3



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 medium 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.

2



Caramelize 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**.

4



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

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