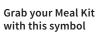


Cheesy Aussie BBQ Beef Loaded Fries with Zingy Cucumber Salsa & Herby Mayo

NEW

KID FRIENDLY









Chicken Salt



Tomato



Baby Spinach





Cucumber



Aussie Spice







Dill & Parsley

Mayonnaise

BBQ Sauce

Cheddar Cheese



Recipe Update We've replaced the sweetcorn in this recipe with cucumber due to local ingredient availability. It'll be just as delicious, just follow your

recipe card!



Prep in: 20-30 mins Ready in: 30-40 mins Crispy and golden, these roasted fries are the perfect foundations for all of the tasty toppings that are packed onto this dish. Spinach, BBQ beef, cheese and garlic sauce also deserve some solid recognition for levelling up this meal!

Pantry items

Olive Oil, White Wine Vinegar

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
chicken salt	1 medium sachet	2 medium sachets	
tomato	1	2	
baby spinach leaves	1 small packet	1 medium packet	
cucumber	1	2	
beef mince	1 medium packet	2 medium packets OR 1 large packet	
Aussie spice blend	1 medium sachet	1 large sachet	
BBQ sauce	1 medium packet	2 medium packets	
white wine vinegar*	drizzle	drizzle	
Cheddar cheese	1 medium packet	1 large packet	
dill & parsley mayonnaise	1 medium packet	1 large packet	
diced bacon**	1 medium packet	1 large packet	
and the second s			

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3012kJ (720Cal)	500kJ (120Cal)
Protein (g)	41.3g	6.8g
Fat, total (g)	37.3g	6.2g
- saturated (g)	11.2g	1.9g
Carbohydrate (g)	52g	8.6g
- sugars (g)	18.8g	3.1g
Sodium (mg)	1679mg	278mg
Dietary Fibre (g)	7.1g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	525kJ (125Cal)
Protein (g)	48.2g	7.4g
Fat, total (g)	44.1g	6.8g
- saturated (g)	13.7g	2.1g
Carbohydrate (g)	52.8g	8.1g
- sugars (g)	19.3g	3g
Sodium (mg)	2110mg	326mg
Dietary Fibre	7.1g	1.1g

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 potato 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 and toss to coat.
- Bake until tender, 20-25 minutes.
- Remove from oven and sprinkle over chicken salt. Toss to coat.

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



Get prepped

• Meanwhile, roughly chop tomato, baby spinach leaves and cucumber.



Start the beef

- When the fries have 10 minutes remaining, place a large frying pan over high heat.
- Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, 3-4 minutes.

Custom Recipe: If you've added diced bacon, cook bacon with beef mince, breaking up bacon with a spoon, until just browned 3-4 minutes.



Flavour the beef

- Add Aussie spice blend and cook until fragrant, 1 minute.
- · Remove from heat and add BBQ sauce and a splash of water, stirring to coat.



Toss the salsa

• To a medium bowl, add cucumber, tomato, baby spinach leaves and a drizzle of white wine vinegar and olive oil. Season to taste.

Little cooks: Take the lead by tossing the salsa!



Serve up

- Divide fries between plates.
- Top fries with Aussie BBQ beef, Cheddar cheese and zingy cucumber salsa.
- Drizzle over dill & parsley mayonnaise to serve. Enjoy!

Little cooks: Load up the fries and add the condiments!



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