

Mexican Bean & Veggie Loaded Wedges

with Corn & Pickled Onion Salsa

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



Potato



Red Onion



Garlic



Tomato



Sweetcorn



Black Beans



Carrot



Tomato Paste



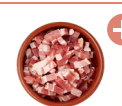
Mexican Fiesta Spice Blend



Plant-Based Mayonnaise



Coriander



Diced Bacon



Beef Mince

Prep in: 25-35 mins
Ready in: 30-40 mins

 Plant Based

In our kitchen, we love loaded wedges just as much as the next person and our plant-based version is not to be missed. Black beans provide a delish protein that pairs with the crispy wedges and salsa, so well!

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
red onion	1	2
white wine vinegar*	¼ cup	½ cup
garlic	2 cloves	4 cloves
tomato	1	2
sweetcorn	1 medium tin	1 large tin
black beans	1 packet	2 packets
carrot	1	2
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	2 packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2813kJ (672Cal)	345kJ (82Cal)
Protein (g)	26.6g	3.3g
Fat, total (g)	25.4g	3.1g
- saturated (g)	3.2g	0.4g
Carbohydrate (g)	76.3g	9.4g
- sugars (g)	22.4g	2.7g
Sodium (mg)	1059mg	130mg
Dietary Fibre (g)	21.6g	2.7g

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 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

- In large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and remaining **onion** 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 seems dry.

2



Pickle the onion

- Meanwhile, thinly slice **red onion**.
- 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



Get prepped

- Meanwhile, finely chop **garlic** and **tomato**.
- Drain **sweetcorn**.
- Drain and rinse **black beans**.
- Grate **carrot**.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM OPTIONS



ADD DICED BACON

Before cooking carrot, cook bacon, until golden, 6-7 minutes.



ADD BEEF MINCE

Cook beef mince with carrot, breaking up with a spoon, until browned, 4-5 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

