

# 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



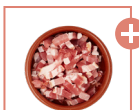
Mexican Fiesta Spice Blend



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, especially when we realise that no cutlery is needed to devour these delights. With black beans we've got ample 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
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
red onion	1	2
<b>white wine vinegar*</b>	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
<b>water*</b>	½ cup	1 cup
<b>plant-based butter*</b>	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## 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.

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## Cook the beans

- In large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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 with **salt** and **pepper**.

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

## CUSTOM OPTIONS



### ADD DICED BACON

Cook with topping, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



### ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

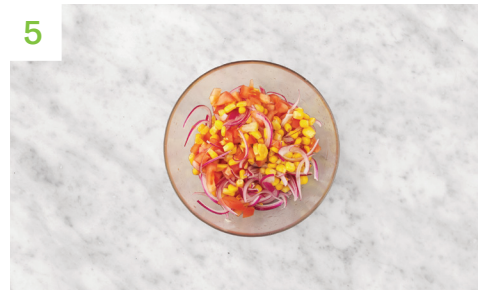
2



## 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.

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## 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.

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## Get prepped

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

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## 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

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

