

# Mexican Bean & Veggie Loaded Wedges

with Corn Salsa

CLIMATE SUPERSTAR

Grab your meal kit with this number

7



### Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!



Potato



Baby Spinach Leaves



Garlic



Snacking Tomatoes



Carrot



Sweetcorn



Black Beans



Tomato Paste



Mexican Fiesta Spice Blend



Plant-Based Mayonnaise



Coriander



Diced Bacon



Beef Mince

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



Protein Rich



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, Plant-Based Butter, White Wine Vinegar



## 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
baby spinach leaves	1 small packet	2 small packets
garlic	2 cloves	4 cloves
snacking tomatoes	1 packet	2 packets
carrot	1	2
sweetcorn	1 medium tin	1 large tin
black beans	1 packet	2 packets
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
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based mayonnaise	1 packet	2 packets
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3014kJ (720Cal)	339kJ (81Cal)
Protein (g)	34.1g	3.8g
Fat, total (g)	25.8g	2.9g
- saturated (g)	3.2g	0.4g
Carbohydrate (g)	84.7g	9.5g
- sugars (g)	21.1g	2.4g
Sodium (mg)	1069mg	120mg
Dietary Fibre (g)	23.2g	2.6g

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.

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



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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**, 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 carrot, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



### ADD BEEF MINCE

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

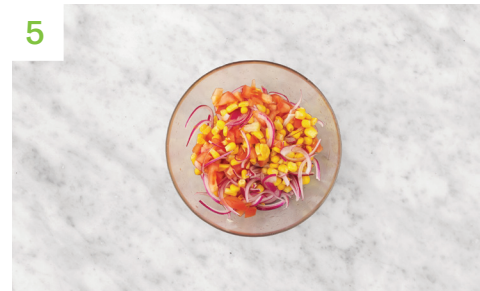
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## Get prepped

- Meanwhile, rough chop **baby spinach leaves**.
- Finely chop **garlic** and **snacking tomatoes**.
- Grate **carrot**.

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## Toss the salsa

- In a medium bowl, combine **corn**, **tomato**, **baby spinach** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine and season to taste.

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## Drain the corn & beans

- Drain **sweetcorn**.
- Drain and rinse **black beans**.

6



## Finish & serve

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

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

