



CHEESY AMERICAN BEEF LOADED WEDGES

with Sour Cream



Load a beef chilli with beans and carrot!



Potato



Corn



Brown Onion



Garlic



Tomato



Carrot



Red Kidney Beans



Beef Mince



All-American Spice Blend



Tomato Paste



Beef Stock



Shredded Cheddar Cheese



Sour Cream

Hands-on: **30 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

A cross between nachos and stuffed baked potatoes, these loaded wedges are the ultimate comfort food. Pile them high with saucy American-spiced beef, Cheddar cheese, charred corn and sour cream, then get cosy and tuck in!

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan** with a **lid** (or **foil**)



1 ROAST THE WEDGES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the **potato** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



2 PREP THE VEGGIES

While the wedges are roasting, slice the kernels off the **corn** cob. Finely chop the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Finely chop the **tomato**. Grate the **carrot** (unpeeled). Drain and rinse the **red kidney beans** (see ingredients list).



3 COOK THE BEEF

Heat a large frying pan over a high heat. Add the **corn** kernels and cook until lightly charred, **4-5 minutes**. **TIP:** *Cover the pan with a lid if the kernels are "popping" out.* Transfer to a bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **onion** and cook until softened, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add the **All-American spice blend** and cook until fragrant, **1 minute**.



4 ADD THE CARROT & BEANS

Add the grated **carrot** and **red kidney beans** to the frying pan and cook until softened and heated through, **2-3 minutes**.



5 ADD THE SAUCE

Add the **tomato paste**, the **water** and crumbled **beef stock** (**1 cube for 2 people/ 2 cubes for 4 people**) and stir to combine. Add a **dash of water** if the sauce looks too thick. Reduce the heat to medium-low and sprinkle the **shredded Cheddar cheese** over the beef mixture. Cover with a lid or foil and cook until the cheese has melted, **2-3 minutes**.



6 SERVE UP

Divide the potato wedges and cheesy American beef between bowls. Top with the tomato, charred corn and a dollop of **sour cream**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
corn	1	2
brown onion	½	1
garlic	1 clove	2 cloves
tomato	1	2
carrot	1	2
red kidney beans	½ tin	1 tin
beef mince	1 small packet	1 large packet
All-American spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water*	½ cup	¾ cup
beef stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
sour cream	1 packet (100 g)	1 packet (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3190kJ (761Cal)	382kJ (91Cal)
Protein (g)	49.1g	5.9g
Fat, total (g)	27.7g	3.3g
- saturated (g)	15.1g	1.8g
Carbohydrate (g)	70.7g	8.5g
- sugars (g)	18.8g	2.3g
Sodium (g)	1260mg	151mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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