



Cheesy BBQ Beef Loaded Wedges

with Avocado Salsa & Sour Cream

Grab your Meal Kit with this symbol



Potato



Zucchini



Spring Onion



Tomato



Avocado



Lemon



Beef Mince



All-American Spice Blend



BBQ Sauce



Shredded Cheddar Cheese



Sour Cream

Hands-on: 30 mins
 Ready in: 40 mins
 Naturally gluten-free
Not suitable for Coeliacs

Prepare for a table full of happy faces when you bring out this crowd-pleasing dish. With potato wedges, gently spiced beef mince, melted cheese, diced avocado salsa and sour cream, it's going all the way to number one!

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper ·
Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	6
salt*	¼ tsp
zucchini	2
spring onion	1 bunch
tomato	2
avocado	1
lemon	1
beef mince	1 packet
All-American spice blend	1½ sachets
BBQ sauce	2 tubs (80g)
water*	¼ cup
shredded Cheddar cheese	1 packet (100g)
sour cream	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3000kJ (716Cal)	397kJ (95Cal)
Protein (g)	42.3g	5.6g
Fat, total (g)	33.2g	4.4g
- saturated (g)	16.2g	2.1g
Carbohydrate (g)	57.7g	7.7g
- sugars (g)	18.7g	2.5g
Sodium (g)	929mg	123mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Spread the **potato** over two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with the **salt** and a **pinch** of **pepper** and toss to coat. Bake until tender, **30-35 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the wedges are roasting, grate the **zucchini**. Thinly slice the **spring onion**. Roughly chop the **tomato**. Dice the **avocado**. Slice the **lemon** into wedges.



3. Make the avocado salsa

In a medium bowl, combine the **tomato**, **avocado**, a **squeeze** of **lemon** and a **pinch** of **salt** and **pepper**. Stir to combine.



4. Make the beef mixture

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. When the oil is hot, add the **beef mince** and cook, breaking up with a spoon, until browned, **3-4 minutes**. Add **1 1/2 sachets** of **All-American spice blend** and cook until fragrant, **1 minute**. Reduce the heat to medium, add the **zucchini** and cook, stirring, until soft, **3-4 minutes**. Add the **BBQ sauce** and **1/4 cup water** to the pan and stir to combine. Season to taste with **salt** and **pepper**.



5. Melt the cheese

Reduce the heat to 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 between plates and spoon over the cheesy BBQ beef mixture. Top with the **sour cream**, avocado salsa and spring onion. Serve any remaining lemon wedges on the side.

Enjoy!