



# Loaded Spiced Wedges

with Caramelised Onion & Mashed Avocado

Grab your Meal Kit with this symbol



Potato



Mexican Fiesta Spice Blend



Corn



Spring Onion



Lemon



Black Beans



Shredded Cheddar Cheese



Avocado



Tomato



Caramelised Onion Chutney



Greek Yoghurt

- Hands-on: 15-25 mins
- Ready in: 35-45 mins
- Naturally gluten-free
- Not suitable for Coeliacs*
- Spicy (Mexican Fiesta spice blend)

It's time to move wedges from the side to the main part of your plate! To make it work, we enlisted a few flavour-packed helping hands – tomato, corn, caramelised onion chutney and avocado, plus a scattering of melted cheese. Dig in!

### 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

Oven tray lined with baking paper

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
Mexican Fiesta spice blend	1 sachet	2 sachets
corn cob	1	2
spring onion	1 bunch	1 bunch
lemon	1	2
black beans	½ tin	1 tin
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
avocado	1	2
tomato	1	2
caramelised onion chutney	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3093kJ (739Cal)	410kJ (98Cal)
Protein (g)	25g	3.3g
Fat, total (g)	34.8g	4.6g
- saturated (g)	10.6g	1.4g
Carbohydrate (g)	69.5g	9.2g
- sugars (g)	19.4g	2.6g
Sodium (mg)	1044mg	139mg

### 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.



## 1. Roast the veggies

**SPICY!** *The spice blend is spicy, add less if you are sensitive to heat!* Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **Mexican Fiesta spice blend** and season with a **pinch of salt** and **pepper**. Toss to coat. Place the **corn cob** on the same oven tray, **drizzle** with **olive oil** and season with **salt** and **pepper**. Roast until the **potato** is tender and the **corn** is bright yellow, **20 minutes**.

**TIP:** *The potato will continue cooking in step 4!*

**TIP:** *Spread the potato across two trays if it can't fit in a single layer!*



## 4. Mash the avo

While the cheese is melting, scoop out the **avocado** while the flesh is soft. In a medium bowl, mash the **avocado** with a **squeeze of lemon juice** and a **drizzle of olive oil** until smooth. Add the **spring onion** and season to taste with **salt** and **pepper**.



## 2. Get prepped

While the veggies are roasting, thinly slice the **spring onion**. Slice the **lemon** into wedges. Drain and rinse the **black beans** (see ingredients list).



## 3. Add the beans & cheese

Remove the oven tray with the **potato** and **corn** after **20 minutes**. Transfer the **corn** to a plate and set aside. Sprinkle the **black beans** and **shredded Cheddar cheese** over the **potato wedges** and bake until the wedges are tender and the cheese is melted, **5 minutes**.



## 5. Remove the corn kernels

When the **corn** is cool enough to handle, slice the kernels off the cob. Finely chop the **tomato**.



## 6. Serve up

Divide the loaded spiced wedges between plates and top with the **caramelised onion chutney**, mashed avo and **Greek yoghurt**. Sprinkle with the corn kernels and tomato. Serve with the remaining lemon wedges.

**Enjoy!**