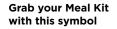
# **Loaded Spiced Wedges**

with Caramelised Onion & Mashed Avocado











Mexican Fiesta Spice Blend





**Spring Onion** 







Shredded Cheddar



Cheese



Tomato



**Caramelised Onion** 



**Greek Yoghurt** 

**Pantry items** Olive Oil

Hands-on: 15-25 mins Ready in: 35-45 mins

Spicy (Mexican Fiesta spice blend) Naturally gluten-free Not suitable for Coeliacs

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!

## 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	1 packet	1 packet
Cheddar cheese	(50g)	(100g)
avocado	1	2
tomato	1	2
caramelised onion chutney	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3093kJ</b> (739Cal)	<b>410kJ</b> (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 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** flesh using a spoon. 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!**