



Mexican-Style Beef Loaded Wedges

with Cheddar Cheese, Spring Onions and Lime

Classic 40 Minutes • Medium Spice • 2 of your 5 a day

2



-  Potato
-  Bell Pepper
-  Carrot
-  Garlic
-  Beef Mince
-  Mexican Spice
-  Tomato Passata
-  Beef Stock Powder
-  Black Beans
-  Cheddar Cheese
-  Spring Onion
-  Lime

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Coarse Grater, Frying Pan, Measuring Jug, Sieve and Ovenproof Dish.

Ingredients

| | 2P | 3P | 4P |
|--------------------|--------------|--------------|---------------|
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Bell Pepper*** | 1 | 2 | 2 |
| Carrot** | 1 | 1 | 2 |
| Garlic** | 1 clove | 1 clove | 2 cloves |
| Beef Mince** | 240g | 360g | 480g |
| Mexican Spice | 1 small pot | ¾ large pot | 1 large pot |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Water* | 150ml | 200ml | 300ml |
| Beef Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Black Beans | 1 carton | 1½ cartons | 2 cartons |
| Cheddar Cheese 7)* | 60g | 90g | 120g |
| Spring Onion** | 1 | 2 | 2 |
| Lime** | ½ | 1 | 1 |

*Not Included **Store in the Fridge

***Based on season the colour of your bell pepper will either be red, orange or yellow to guarantee you get the best quality pepper.

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 765g | 100g |
| Energy (kJ/kcal) | 3146 /752 | 411 /98 |
| Fat (g) | 31 | 4 |
| Sat. Fat (g) | 14 | 2 |
| Carbohydrate (g) | 69 | 9 |
| Sugars (g) | 14 | 2 |
| Protein (g) | 47 | 6 |
| Salt (g) | 2.46 | 0.32 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel.) Place on a large roasting tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together, spread out in a single layer and roast on the top shelf of your oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



Prep and Cook!

Meanwhile, halve the **pepper** and remove the core and seeds. Slice into thin strips. Trim, then coarsely grate the **carrot** (no need to peel!). Peel and grate the **garlic** (or use a garlic press). Heat a splash of **oil** in a large frying pan over medium-high heat. When hot, add the **beef mince** and cook until browned, 4-5 mins, breaking it up with a wooden spoon as it cooks. **TIP: Drain off any excess fat. IMPORTANT: The mince is cooked when it is no longer pink in the middle.**



Simmer the Sauce

Add the **carrot** and **pepper** to the pan along with the **Mexican spice** and **garlic**. Cook for a couple of minutes then add the **tomato passata**, **water** (see ingredients for amount) and **stock powder**. Stir and bring to the boil. Once boiling, reduce the heat and simmer until the sauce is thick and tomatoey, 10-12 mins, stirring occasionally.



Finish the Prep

While everything is cooking, drain and rinse the **black beans** in a sieve, then stir into the **beef**. Grate the **Cheddar cheese**, trim the **spring onion** and thinly slice, keep to one side. Cut the **lime** into wedges for squeezing over.



Grill Until Bubbling

When the **wedges** are ready, transfer to an ovenproof dish and put your grill on high. When your **beef mix** is thick and saucy, season to taste with **salt** and **pepper**. Spoon it on top of the **wedges**. Sprinkle on the **Cheddar cheese** and pop under the grill until the **cheese** is golden and bubbly, 2-3 mins. Get ready to serve.



Finish and Serve

Finish with a sprinkle of **spring onion** and **lime wedges** for squeezing. Pop in the middle of the table and dig in. Have plenty of napkins close to hand, it could get messy...

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.