



# Mexican Beef Loaded Wedges

with Black Beans and Spring Onions

**Family** Hands On Time: 20 Minutes • Total Time: 40 Minutes • Medium Spice • 2 of your 5 a day

8



Potatoes



Bell Pepper



Carrot



Garlic



Beef Mince



Mexican Spice



Tomato Passata



Lime



Beef Stock Powder



Black Beans



Cheddar Cheese



Spring Onion

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Sieve, Grater.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper***	1	2	2
Carrot**	1	1	2
Garlic**	1	1	2
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 yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	765g	100g
Energy (kJ/kcal)	3110 /743	407 /97
Fat (g)	31	4
Sat. Fat (g)	14	2
Carbohydrate (g)	71	9
Sugars (g)	13	2
Protein (g)	44	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

### Thumbs up or thumbs down?

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## Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Put 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.



## 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.



## 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, breaking it up with a wooden spoon, 4-5 mins. **TIP:** Drain any excess fat from the pan.



## 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. Grill until the **cheese** is golden and bubbly, 2-3 mins. Get ready to serve.



## 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. **IMPORTANT:** The beef mince is cooked when no longer pink in the middle.



## 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.