



Loaded Potato Wedges and Plant Based Mince with Lime Soured Cream and Spring Onion

Classic 35 Minutes • Little Heat • 2 of your 5 a day • Veggie

19



Potato



Spring Onion



Cheddar Cheese



Black Beans



Lime



Garlic Clove



Viverra Plant Mince



Mexican Spice



Tomato Purée



Soured Cream



BBQ Sauce

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Spring Onion**	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Black Beans	1 carton	1½ cartons	2 cartons
Lime**	½	1	1
Garlic Clove**	1 clove	2 cloves	2 cloves
Vivera Plant mince 11)**	1 pack	1½ packs	2 packs
Mexican Spice	1 small sachet	¾ large sachet	1 large sachet
Tomato Purée	1 sachet	2 sachets	2 sachets
Soured Cream 7)**	75g	100g	150g
Water for the Sauce*	100ml	150ml	200ml
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	565g	100g
Energy (kJ/kcal)	2515 /601	445 /106
Fat (g)	15	3
Sat. Fat (g)	8	1
Carbohydrate (g)	70	12
Sugars (g)	10	2
Protein (g)	41	7
Salt (g)	2.15	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten

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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Start Your 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. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



Get Prepped

Meanwhile, trim the **spring onions** then slice thinly. Grate the **Cheddar**. Drain and rinse the **black beans** in a sieve. Pop **half** the **black beans** in a bowl and mash until broken up. Set aside for later. Zest and quarter your **lime**. Peel and grate the **garlic** (or use a garlic press).



Start the Sauce

Heat a drizzle of **oil** in a frying pan on medium heat. When the **oil** is hot, add the **plant based mince** and cook until browned, 4-5 mins. Stir frequently.



BBQ Sauce

Add the **Mexican spice** and **garlic** to the **plant based mince**. Cook for 1-2 mins then add the **tomato purée**, **water** (see ingredients for amount) and the **beans** (both the whole and mashed). Season with **salt** and **pepper**, stir and bring to the boil. Once boiling, reduce the heat and simmer until the **sauce** is thick and tomatoey, 8-10 mins, stirring occasionally (add a splash of **water** if it becomes too thick).



Prep the Toppings

While your sauce simmers, pop the **soured cream** into a bowl and mix with the **lime zest**, then season with **salt** and **pepper**. Once the **beany mix** has cooked, stir in the **BBQ sauce**. Taste and season with more **salt** and **pepper** if necessary.



Serve Up

Once the **wedges** are done, share into bowls and top with the **mince** and **bean sauce**. Cover with the **grated Cheddar**. Finish with a dollop of **lime soured cream** and the **sliced spring onion**. Serve with **wedges of lime** for squeezing over.

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.