



Vivera Veggie Mince Loaded Potato Wedges

with Lime Soured Cream and Spring Onion

Classic 35 Minutes • Medium Spice • 2 of your 5 a day

N° 19



Potatoes



Spring Onion



Cheddar Cheese



Black Beans



Lime



Garlic



Vivera Plant Mince



Mexican Spice



Tomato Passata



Red Wine Stock



Soured Cream



BBQ Sauce

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Grater, Sieve, Bowl, Garlic Press and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Spring Onion**	1	2	2
Cheddar Cheese			
7)**	30g	45g	60g
Black Beans	1 carton	1½ carton	2 cartons
Lime**	½	1	1
Garlic	1 clove	2 cloves	2 cloves
Vivera Plant Mince			
11)**	1 pack	1½ pack	2 packs
Mexican Spice	1 small sachet	1 large sachet	2 small sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water*	200ml	300ml	400ml
Red Wine Stock			
14)	1 sachet	2 sachets	2 sachets
Soured Cream 7)**	75g	100g	150g
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	2669 / 638	402 / 96
Fat (g)	15	2
Sat. Fat (g)	8	1
Carbohydrate (g)	83	13
Sugars (g)	16	3
Protein (g)	39	6
Salt (g)	3.95	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

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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HelloFresh UK

Packed in the UK

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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.



Cook the Sauce

Add the **Mexican spice** and **garlic** to the **veggie mince**. Cook for 1-2 mins then add the **tomato passata**, **water** (see ingredients for amount), **red wine stock** 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).



Get Prepped

Meanwhile, trim and thinly slice the **spring onions**. 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).



Prep the Toppings

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



Start the Sauce

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



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.