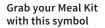
Mexican Bean Loaded Wedges

with Pickled Onion Salsa & Plant-Based Mayo

CLIMATE SUPERSTAR



















Black Beans

Sweetcorn



Carrot



Tomato Paste



Mexican Fiesta Spice Blend



Mayonnaise



Coriander



Prep in: 25-35 mins Ready in: 30-40 mins

Plant Based* *Custom Recipe is not Plant Based In our kitchen, we love loaded wedges just as much as the next person, especially when we realise that no cutlery is needed to devour these delights. With black beans we've got ample protein that pairs with the crispy wedges and salsa, so well!



Olive Oil, White Wine Vinegar, Plant Based Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	3	6		
red onion	1	2		
white wine vinegar*	1/4 cup	½ cup		
garlic	2 cloves	4 cloves		
tomato	1	2		
sweetcorn	1 medium tin	1 large tin		
black beans	1 packet	2 packets		
carrot	1	2		
tomato paste	1 medium packet	1 large packet		
Mexican Fiesta spice blend 🌶	1 medium sachet	1 large sachet		
water*	½ cup	1 cup		
plant-based butter*	20g	40g		
plant-based mayonnaise	1 medium packet	2 medium packets		
coriander	1 packet	1 packet		
diced bacon**	1 medium packet	1 large packet		
*Pantry Items ** Custom Recipe Ingredient				

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Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2856kJ (683Cal)	340kJ (81Cal)
Protein (g)	28.2g	3.4g
Fat, total (g)	26.2g	3.1g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	75.8g	9g
- sugars (g)	22.1g	2.6g
Sodium (mg)	1164mg	139mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3244kJ (775Cal)	367kJ (88Cal)
Protein (g)	35.1g	4g
Fat, total (g)	32.9g	3.7g
- saturated (g)	6g	0.7g
Carbohydrate (g)	76.6g	8.7g
- sugars (g)	22.6g	2.6g
Sodium (mg)	1595mg	180mg

The quantities provided above are averages only.

Allergens

2024 | CW14

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.

We're here to help!

Scan here if you have any questions or concerns





Bake the potato wedges

- Preheat oven to 240°C/220°C fan-forced.
- · Cut potato into wedges.
- Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the wedges between two trays.



Pickle the onion

- Meanwhile, thinly slice red onion.
- In a small bowl, combine the white wine vinegar and a good pinch of sugar and salt.
- Scrunch half of the sliced onion in your hands, then add it to pickling liquid. Add enough water to just cover onion. Set aside.



Get prepped

- Meanwhile, finely chop garlic and tomato.
- · Drain sweetcorn.
- · Drain and rinse black beans.
- Grate carrot.



Cook the beans

- In large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot and remaining onion, stirring, until tender, 3-4 minutes.
- Add black beans and cook, stirring, until tender,
 2 minutes.
- SPICY! You may find the spice blend hot! Add less if you're sensitive to heat. Add tomato paste, garlic and Mexican Fiesta spice blend and cook until fragrant, 1-2 minutes.
- Stir through the water and plant-based butter.
 Simmer until sauce is thickened, 1-2 minutes.
 Season to taste.

TIP: Add another splash of water if the mixture seems dry.

Custom Recipe: If you've added diced bacon, before cooking the carrot, cook bacon, breaking up bacon with a spoon, until golden, 6-7 minutes. Continue as above.



Toss the salsa

- Drain pickled onion, reserving a splash of the pickling liquid.
- In a medium bowl, combine corn, tomato, pickled onion, a drizzle of olive oil and the reserved pickling liquid. Toss to combine and season.



Serve up

- Divide potato wedges between plates.
- Top with black beans, corn and pickled onion salsa and **plant-based mayonnaise**.
- Tear over **coriander** to serve. Enjoy!

Custom Recipe: Top potato wedges with bacon, black beans, corn and pickled onion salsa to serve.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

