



Cheesy Aussie BBQ Beef Loaded Fries

with Zingy Cucumber Salsa & Herby Mayo

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Chicken Salt



Tomato



Baby Spinach Leaves



Cucumber



Beef Mince



Aussie Spice Blend



BBQ Sauce



Cheddar Cheese



Dill & Parsley Mayonnaise



Diced Bacon

Recipe Update

We've replaced the sweetcorn in this recipe with cucumber due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

Crispy and golden, these roasted fries are the perfect foundations for all of the tasty toppings that are packed onto this dish. Spinach, BBQ beef, cheese and garlic sauce also deserve some solid recognition for levelling up this meal!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
chicken salt	1 medium sachet	2 medium sachets
tomato	1	2
baby spinach leaves	1 small packet	1 medium packet
cucumber	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	2 medium packets
white wine vinegar*	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
diced bacon**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3012kJ (720Cal)	500kJ (120Cal)
Protein (g)	41.3g	6.8g
Fat, total (g)	37.3g	6.2g
- saturated (g)	11.2g	1.9g
Carbohydrate (g)	52g	8.6g
- sugars (g)	18.8g	3.1g
Sodium (mg)	1679mg	278mg
Dietary Fibre (g)	7.1g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3400kJ (813Cal)	525kJ (125Cal)
Protein (g)	48.2g	7.4g
Fat, total (g)	44.1g	6.8g
- saturated (g)	13.7g	2.1g
Carbohydrate (g)	52.8g	8.1g
- sugars (g)	19.3g	3g
Sodium (mg)	2110mg	326mg
Dietary Fibre	7.1g	1.1g

The quantities provided above are averages only.

Allergens

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



1



Bake the potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Bake until tender, **20-25 minutes**.
- Remove from oven and sprinkle over **chicken salt**. Toss to coat.

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

4



Flavour the beef

- Add **Aussie spice blend** and cook until fragrant, **1 minute**.
- Remove from heat and add **BBQ sauce** and a splash of **water**, stirring to coat.

2



Get prepped

- Meanwhile, roughly chop **tomato**, **baby spinach leaves** and **cucumber**.

5



Toss the salsa

- To a medium bowl, add **cucumber**, **tomato**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the salsa!

3



Start the beef

- When the fries have **10 minutes** remaining, place a large frying pan over high heat.
- Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.

Custom Recipe: If you've added diced bacon, cook bacon with beef mince, breaking up bacon with a spoon, until just browned 3-4 minutes.

6



Serve up

- Divide fries between plates.
- Top fries with Aussie BBQ beef, **Cheddar cheese** and zingy cucumber salsa.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

Little cooks: Load up the fries and add the condiments!

Rate your recipe

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