

# Loaded Spiced Beans & Wedges

with Caramelised Onion & Mashed Avocado

Grab your Meal Kit with this symbol



Potato



All-American Spice Blend



Capsicum



Sweetcorn



Black Beans



Garlic & Herb Seasoning



Tomato



Spring Onions



Lime



Avocado




Shredded Cheddar Cheese



Caramelised Onion Chutney



Greek-Style Yoghurt

 Hands-on: 25-35 mins  
 Ready in: 35-45 mins  
 Naturally gluten-free  
 Not suitable for Coeliacs

It's time to move wedges from the side to the main part of your plate! To make it work, we enlisted a few flavour-packed helping hands – tomato, corn, caramelised onion chutney and avocado, plus a scattering of melted cheese. Dig in!

### Pantry items

Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
All-American spice blend	1 sachet	2 sachet
capsicum	1	2
sweetcorn	1 tin (300g)	2 tins (600g)
black beans	½ tin	1 tin
garlic & herb seasoning	1 sachet	2 sachets
tomato	1	2
spring onions	2 stems	4 stems
lime	1	2
avocado	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
caramelised onion chutney	1 packet	2 packets
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3742kJ (894Cal)	371kJ (88Cal)
Protein (g)	32g	3.2g
Fat, total (g)	38.1g	3.8g
- saturated (g)	11.7g	1.2g
Carbohydrate (g)	90.2g	8.9g
- sugars (g)	30.6g	3g
Sodium (mg)	1629mg	161mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Roast the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **All-American spice blend** and season with **salt and pepper**. Toss to coat. Roast until the **potatoes** are tender, **20-25 minutes**.

**TIP:** Divide the potato between two trays if it can't fit in a single layer!



### Prep the veggies & beans

While the wedges are roasting, slice the **capsicum** into thin strips. Drain the **sweetcorn**. Drain and rinse the **black beans** (see ingredients).



### Cook the veggies

Place the **capsicum, sweetcorn, beans** and **garlic & herb seasoning** on a second lined oven tray, drizzle with **olive oil** and season. Toss to coat and cook for **20 minutes**.



### Prep the toppings

While the veggies are cooking, finely chop the **tomato**. Place **tomato** in a small bowl and season to taste. Thinly slice the **spring onion**. Slice the **lime** into wedges.



### Bring it all together

Scoop out the **avocado** flesh using a spoon. In a medium bowl, mash the **avocado** with a squeeze of **lime juice** and a drizzle of **olive oil** until smooth. Add the **spring onion** and season with **salt and pepper**. Set aside. After the **beans** and **veggies** have finished roasting, sprinkle the **shredded Cheddar cheese** over the mixture and roast for a further **5 minutes**.



### Serve up

Divide the wedges between plates and top with the cheesy bean & veggie mixture. Top with the **caramelised onion chutney**, tomato, mashed avocado and **Greek-style yoghurt**. Serve with the remaining lime wedges.

Enjoy!