

Plant-Based Beef Loaded Fries

with Cheeze, Caramelised Onion & Jalapeño Salsa

Grab your Meal Kit with this symbol



Potato



Red Onion



Carrot



Tomato



Baby Spinach Leaves



Sweetcorn



All-American Spice Blend



Pickled Jalapeños



Plant-Based Mince




Plant-Based Shredded Cheddar Cheese



Plant-Based Smokey Aioli

Prep in: **15-25** mins
Ready in: **30-40** mins

 Calorie Smart

 Plant Based

Turn oven fries into a meal by loading them up with cheezy plant-based mince that's been busy cooking with carrot and our All-American spice blend for a sweet and smoky depth of flavour. Add the finishing touches with a spoonful of quick caramelised onion, and a juicy, colourful salsa which you can make as mild or as spicy as you'd like.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Remember to wash hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
tomato	1	2
pickled jalapeños (optional)	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin (125g)	1 tin (300g)
plant-based mince	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
water*	½ cup	1 cup
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
plant-based smokey aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2713kJ (648Cal)	395kJ (94Cal)
Protein (g)	24.6g	3.6g
Fat, total (g)	37g	5.4g
- saturated (g)	7.2g	1g
Carbohydrate (g)	60.4g	8.8g
- sugars (g)	23.9g	3.5g
Sodium (mg)	2046mg	298mg

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

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1



Bake the 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**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

3



Cook the mince & toss the salsa

- When the fries have **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **plant-based mince** and **carrot**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- Add **All-American spice blend** and cook, stirring, until fragrant, **1 minute**.
- Add the **water** and cook until slightly thickened, **2-3 minutes**.
- Sprinkle over **plant-based Cheddar cheese**. Cover with a lid (or foil), then reduce heat to low. Cook until cheese is slightly melted, **2-3 minutes**.
- Meanwhile, combine **tomato**, **jalapeños** (if using), **baby spinach**, **corn** and a drizzle of **olive oil** in a medium bowl. Toss to coat. Season to taste.

TIP: Some like it hot, but if you don't, hold back on the jalapeños!

2



Caramelize the onion & get prepped

- Meanwhile, thinly slice **red onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.
- While the onion is cooking, grate **carrot**. Finely chop **tomato**. Roughly chop **pickled jalapeños** (if using) and **baby spinach leaves**. Drain the **sweetcorn**.

4



Serve up

- Divide fries between bowls.
- Load the fries up with plant-based beef, caramelized onion and jalapeño salsa.
- Drizzle with **plant-based smokey aioli** to serve. Enjoy!

Rate your recipe

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