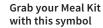
Plant-Based Beef Loaded Fries

with Cheeze, Caramelised Onion & Jalapeño Salsa













Carrot







Baby Spinach Leaves

Sweetcorn



All-American Spice Blend

Pickled Jalapeños



Plant-Based Mince



Plant-Based Shredded Cheddar Cheese

Smokey Aioli

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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



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.

Before you start

Remember to wash yhands 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 \cdot Large frying pan with a lid (or foil)

Ingredients

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	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

Per Serving	Per 100g
2713kJ (648Cal)	395kJ (94Cal)
24.6g	3.6g
37g	5.4g
7.2g	1g
60.4g	8.8g
23.9g	3.5g
2046mg	298mg
	2713kJ (648Cal) 24.6g 37g 7.2g 60.4g 23.9g

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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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.



Cook the mince & toss the salsa

- When the fries have 10 minutes remaining, return frying pan to mediumhigh 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!



Caramelise 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.



Serve up

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