



Beany Beef & Bacon Loaded Sweet Potato Wedges with Lime Soured Cream and Spring Onion

Family Hands On Time: 20 Minutes • Total Time: 35 Minutes • Little Spice • 2 of your 5 a day

8



-  Sweet Potato
-  Spring Onion
-  Cheddar Cheese
-  Black Beans
-  Lime
-  Garlic Clove
-  Beef Mince
-  Bacon Lardons
-  Mexican Spice
-  Tomato Passata
-  BBQ Sauce
-  Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Coarse Grater, Sieve, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Spring Onion**	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Black Beans	1 pack	1½ packs	2 packs
Lime**	½	1	1
Garlic Clove**	1 clove	2 clove	2 clove
Beef Mince**	120g	240g	240g
Bacon Lardons**	60g	90g	120g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Tomato Passata	1 pack	1½ packs	2 packs
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets
Water*	100ml	150ml	200ml
Soured Cream 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	655g	100g
Energy (kJ/kcal)	3051/729	466/111
Fat (g)	29	5
Sat. Fat (g)	14	2
Carbohydrate (g)	84	13
Sugars (g)	25	4
Protein (g)	32	5
Salt (g)	2.61	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

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Start with your Wedges

Preheat your oven to 220°C. Chop the **sweet potatoes** into 1cm wide wedges (no need to peel). Put on a large roasting tray, drizzle with **oil** and season with **salt and pepper**. Toss together, spread out in a single layer and roast on the top shelf of your oven until golden and crispy, 20-25 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



BBQ Sauce

Add the **Mexican spice** and **garlic**. Cook for 1-2 minutes then add the **tomato passata**, **BBQ sauce**, **water** (see ingredients for amount) and add the **beans** (both the whole and mashed). Season with **salt and pepper**, stir and bring to the boil. Once boiling, reduce the heat and simmer until the sauce is thick and tomatoey, 10-12 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when its browned all over.



Get Prepped

Meanwhile, trim the **spring onions** then slice thinly. Grate the **Cheddar**. Drain and rinse the **black beans** in a sieve. Pop **half** the **black beans** in a bowl and mash until broken up. Set aside for later. Zest and half your **lime**. Peel and grate the **garlic** (or use a garlic press).



Prep the Toppings

While your **sauce** simmers, mix the **soured cream** with the **lime zest** and season with **salt** and **pepper**. Once the **sauce** is cooked, taste and season with **salt** and **pepper** if necessary.



Start the Sauce

Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **beef mince** and **bacon lardons** and cook until browned, using a wooden spoon to break it up, 5-6 mins. Drain any excess fat from the pan.



Serve Up

Once the **wedges** are done, portion equally into bowls and top with the **beef and beany sauce**. Cover with the **grated Cheddar**. Finish with a dollop of **lime soured cream** and **sliced spring onion**. Serve with wedges of **lime** for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.