



LOADED MEXICAN SWEET POTATO FRIES

with Cheddar Cheese



Learn the secret to crispy sweet potato fries



Sweet Potato



Tomato



Green Capsicum



Spring Onion



Coriander



Cheddar Cheese



Red Kidney Beans



Beef Strips



Taco Spice Blend

Pantry Staples



Cornflour (optional)



Olive Oil

Hands-on: 30 mins
Ready in: 40 mins

We know everyone's jumping on the loaded fries bandwagon, but these crispy sweet potato fries topped with all things Mexican and delicious are definitely worth embracing the trend for.

BEFORE YOU START

You will need: **chef's knife, chopping board, two oven trays lined with baking paper, box grater, sieve, medium bowl, tongs** and **large frying pan**. Let's start cooking the **Loaded Mexican Sweet Potato Fries with Cheddar Cheese**



1 BAKE THE SWEET POTATO FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1 cm thick fries and add to the prepared oven trays. 🍴 Sprinkle over the **cornflour** and season with **salt** and **pepper**. Drizzle with **2 tbs** of the **olive oil**, toss to coat and bake in the oven for **20- 25 minutes**, or until crispy. Switch the two trays half way through cooking.

Be sure to arrange the sweet potato in a single layer over the two prepared oven trays. Ensuring the potatoes are evenly spread will help them to crisp up slightly.



4 FLAVOUR THE BEEF

In a medium bowl, toss the **beef strips** with the **taco spice blend**. Season with **salt** and **pepper**.



2 PREP THE VEGGIES

Meanwhile, finely chop the **tomato** and **green capsicum**. Finely slice the **spring onion**. Finely chop the **coriander** leaves.



5 COOK THE BEEF

Heat the **remaining olive oil** in a large frying pan over a high heat. Add the **beef strips** and cook for **1 minute**, or until just browned. Add the **red kidney beans** and cook for a further **1 minute** to heat through.



3 PREP THE CHEESE AND KIDNEY BEANS

Grate the **Cheddar cheese**. Drain and rinse the **red kidney beans**.



6 SERVE UP

Divide the sweet potato fries between plates and top with the beef strips, red kidney beans, Cheddar cheese, green capsicum, tomato, spring onion and coriander.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
sweet potato	800 g
cornflour (optional)*	1 tbs
olive oil*	3 tbs
tomato	2
green capsicum	1
spring onion	1 bunch
coriander	1 bunch
Cheddar cheese	1 block (100g)
red kidney beans	1 tin (400g)
beef strips	1 packet
taco spice blend	1 sachet (2 tsp)

*Pantry Items | 📌 Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2250kJ (536Cal)	422kJ (101Cal)
Protein (g)	33.9g	6.4g
Fat, total (g)	23.4g	4.4g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	48.7g	9.2g
- sugars (g)	14.7g	2.8g
Sodium (mg)	603mg	113mg

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hello@hellofresh.com.au

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