



Mexican Style Beef Loaded Wedges

with Cheddar, Black Beans and Soured Cream

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day

2



Potatoes



Garlic Clove



Beef Mince



Mexican Style Spice Mix



Tomato Passata



Beef Stock Paste



Black Beans



Mature Cheddar Cheese



Spring Onion



Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, frying pan, sieve and grater.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	1	2
Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Beef Stock Paste	10g	15g	20g
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	60g	90g	120g
Spring Onion**	1	2	2
Soured Cream** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	645g	100g
Energy (kJ/kcal)	3283 /785	509 /122
Fat (g)	39.0	6.0
Sat. Fat (g)	19.6	3.0
Carbohydrate (g)	61.9	9.6
Sugars (g)	8.3	1.3
Protein (g)	44.4	6.9
Salt (g)	2.76	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Wedges

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Add the Beans

Meanwhile, drain and rinse the **black beans** in a sieve.

Stir the **beans** into the **beef** halfway through simmering.



Cook the Mince

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

When hot, add the **beef mince** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Finish Up

While the **sauce** thickens, grate the **cheese**. Trim and thinly slice the **spring onion**.



Simmer the Sauce

Stir the **Mexican style spice mix** and **garlic** into the **beef**. Cook for 2-3 mins, then add the **tomato passata**, **water for the sauce** (see ingredients for amount) and **beef stock paste**.

Stir and bring to the boil. Once boiling, reduce the heat and simmer until the **sauce** is thick, 10-12 mins, stirring occasionally. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



Finish and Serve

When everything is cooked, taste and season the **sauce** with **salt** and **pepper** if needed.

Share the **wedges** between your plates, then top with the **Mexican style beef - wedges** loaded!

Add a dollop of **soured cream**, then scatter with the **cheese** and **spring onion** to finish.

Enjoy!