



# Fajita Veg and Black Bean Loaded Wedges

with Cheese, Sweetcorn and Zesty Soured Cream

19

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day • Veggie



Potatoes



Bell Pepper



Lime



Garlic Clove



Black Beans



Mature Cheddar  
Cheese



Sweetcorn



Vegetable Stock  
Paste



Soured Cream



Chipotle Paste



BBQ Sauce



Diced Chicken  
Breast

**Pantry Items**  
Oil, Salt, Pepper

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Potatoes	700g	1150g	1400g
Bell Pepper***	1	2	2
Lime**	1	1	1
Garlic Clove**	2	3	4
Black Beans	1 carton	1½ cartons	2 cartons
Mature Cheddar Cheese** 7)	30g	40g	60g
Sweetcorn	160g	255g	340g
Vegetable Stock Paste 10)	10g	15g	20g
Soured Cream** 7)	75g	150g	150g
Chipotle Paste	20g	30g	40g
BBQ Sauce	32g	48g	64g
Diced Chicken Breast**	1 pack	1 pack	1 pack

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	754g	100g	884g	100g
Energy (kJ/kcal)	2813 / 772	373 / 89	3460 / 827	392 / 94
Fat (g)	16.5	2.2	18.8	2.1
Sat. Fat (g)	8.3	1.1	9.0	1.0
Carbohydrate (g)	108.5	14.4	108.7	12.3
Sugars (g)	16.2	2.1	16.3	1.8
Protein (g)	24.7	3.3	56.2	6.4
Salt (g)	2.55	0.34	2.74	0.31

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk 10) Celery

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, cereals containing 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.

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## Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them 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, 30-40 mins. Turn halfway through.



## Make your Fajita Mix

Heat a drizzle of **oil** into the (now empty) frying pan on high heat. Once hot, add the **sliced pepper** and stir-fry until just soft, 4-5 mins.

Turn the heat down to medium, then stir in the **garlic**. Stir-fry for 1 min.

Add in the **black beans**, **veg stock paste** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer until thickened, 2-3 mins.

### CUSTOM RECIPE

If you've chosen to add **chicken**, add it to the pan before the **pepper**. Stir fry until golden, 4-5 mins, then add the **pepper** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## Get Prepped

While the **wedges** cook, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Zest and halve the **lime**. Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **black beans** in a sieve. Grate the **cheese**.



## Zest It Up

While the **fajita mix** cooks, in a small bowl, combine the **soured cream** and **lime zest**.

When the **fajita mix** is ready, stir through the **chipotle paste** (add less if you'd prefer things milder), **BBQ sauce** and squeeze in some **lime juice**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Sweetcorn Time

Meanwhile, drain the **sweetcorn** in a sieve.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary.

Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Once cooked, transfer the **sweetcorn** to a small bowl. Give the frying pan a quick wipe clean. .



## Load and Serve

When everything's ready, share the **wedges** between your plates and top with the **fajita mix**.

Top with the **charred corn** and scatter over the **cheese**. Finish with a big dollop of the **zesty soured cream - wedges** loaded!

Serve with any remaining **lime wedges** for squeezing over.

## Enjoy!