



Bean, Beef & Bacon Loaded Sweet Potato Wedges with Zesty Soured Cream and Spring Onion

Family 40 Minutes • Mild Spice • 2 of your 5 a day

8



Sweet Potato



Spring Onion



Cheddar Cheese



Lime



Garlic Clove



Black Beans



Beef Mince



Bacon Lardons



Mexican Style Spice Mix



Tomato Passata



BBQ Sauce



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, Grater, Zester, Garlic Press, Sieve, Bowl, 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
Lime**	½	1	1
Garlic Clove**	1	2	2
Black Beans	1 carton	1½ cartons	2 cartons
Beef Mince**	120g	240g	240g
Bacon Lardons**	60g	90g	120g
Mexican Style Spice Mix	1 pot	1 pot	1 pot
Tomato Passata	1 carton	1½ cartons	2 cartons
BBQ Sauce (13)	32g	64g	64g
Water for the Sauce*	100ml	150ml	200ml
Soured Cream** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	656g	100g
Energy (kJ/kcal)	3208/767	489/117
Fat (g)	30	5
Sat. Fat (g)	14	2
Carbohydrate (g)	84	13
Sugars (g)	23	4
Protein (g)	32	5
Salt (g)	2.75	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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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Start the Wedges

Preheat your oven to 200°C. Chop the **sweet 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*. Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



Spice Things Up

Add the **Mexican style spice mix** and **garlic**. Cook for 1-2 mins then add the **tomato passata**, **BBQ sauce**, **water for the sauce** (see ingredients for amount) and the **beans** (both **whole** and **mashed**). Season with **salt** and **pepper**, then 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. Cook the bacon thoroughly.*



Get Prepped

Meanwhile, trim and thinly slice the **spring onions**. Grate the **cheese**. Zest and halve your **lime**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **black beans** in a sieve. Pop **half** the **black beans** into a bowl and mash with a fork until broken up, then set aside.



Prep the Zesty Cream

While your **sauce** simmers, mix the **soured cream** with the **lime zest** in a small bowl and season with **salt** and **pepper**. Chop the remaining **lime** into wedges. Once the **sauce** is cooked, taste and season 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 fry until browned, 5-6 mins. Use a spoon to break up the **beef** as it cooks. Once browned, drain and discard any excess fat if needed. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



Serve Up

Once the **wedges** are ready, share between your plates and top with the **beef and bean sauce**. Cover with the **grated cheese**. Finish with a dollop of **zesty soured cream** and **sliced spring onion**. Serve with **lime wedges** for squeezing over.

Enjoy!