



# Mexican Style Beef Loaded Wedges with Cheddar, Black Beans and Pepper

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

2



Potatoes



Bell Pepper



Carrot



Garlic Clove



Beef Mince



Mexican Style  
Spice Mix



Tomato Passata



Beef Stock Paste



Black Beans



Mature Cheddar Cheese



Spring Onion



Lime

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Grater, Garlic Press, Frying Pan, Measuring Jug, Sieve and Ovenproof Dish.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Bell Pepper***	1	2	2
Carrot**	1	1	2
Garlic**	1	1	2
Beef Mince**	240g	360g	480g
Mexican Style Spice Mix	1 pot	1 pot	1 pot
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	150ml	225ml	300ml
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
Lime**	½	1	1

\*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

	Per serving	Per 100g
for uncooked ingredient	768g	100g
Energy (kJ/kcal)	3199 /764	417 /100
Fat (g)	32	4
Sat. Fat (g)	15	2
Carbohydrate (g)	71	9
Sugars (g)	15	2
Protein (g)	45	6
Salt (g)	2.73	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

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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## 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.



## Finish the Prep

While everything is cooking, drain and rinse the **black beans** in a sieve, then stir into the **beef**. Grate the **cheese**. Trim and thinly slice the **spring onion**. Cut the **lime** into wedges. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Prep and Cook

Meanwhile, halve the **pepper** and remove the core and seeds. Slice into thin strips. Trim, then coarsely grate the **carrot** (no need to peel). Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan over 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 after handling raw mince.



## Get Grilling

When the **potato wedges** are ready, transfer to an ovenproof dish and put your grill on high. When the **sauce** has thickened, season to taste with **salt** and **pepper** and spoon it on top of the **wedges**. Sprinkle on the **cheese** and pop under the grill until golden and bubbly, 2-3 mins.



## Simmer the Sauce

Add the **carrot** and **pepper** to the pan along with the **Mexican style spice mix** and **garlic**. 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.



## Finish and Serve

Finish with a sprinkle of **spring onion** and the **lime wedges** for squeezing over. Serve in the centre of your table and get stuck in.

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.