



# Vivera Veggie Mince Loaded Potato Wedges with Zesty Soured Cream and Spring Onion

**Classic** 35 Minutes • Little Spice • 1 of your 5 a day • Veggie

N° 19



-  Sweet Potato
-  Spring Onion
-  Cheddar Cheese
-  Black Beans
-  Lime
-  Garlic
-  Vivera Plant Mince
-  Mexican Spice
-  Tomato Passata
-  Red Wine Stock Paste
-  Soured Cream
-  BBQ Sauce



## Before you start

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

## Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Grater, Sieve, Bowl, Garlic Press and Fryin Pan.

## Ingredients

	2P	3P	4P
Sweet Potato**	450g	700g	900g
Spring Onion**	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Black Beans	1 carton	1½ carton	2 cartons
Lime**	½	1	1
Garlic	1	2	2
Vivera Plant Mince 11)**	220g	330g	440g
Mexican Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	2 cartons	2 cartons
Water*	200ml	300ml	400ml
Red Wine Stock Paste 14)	1 sachet	2 sachets	2 sachets
Soured Cream 7)**	75g	99g	150g
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	661g	100g
Energy (kJ/kcal)	2660 /636	402 /96
Fat (g)	15	2
Sat. Fat (g)	8	1
Carbohydrate (g)	83	13
Sugars (g)	14	2
Protein (g)	39	6
Salt (g)	3.91	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

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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## Start Your Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Put on a large roasting tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together, spread out in a single layer and roast on the top shelf of your oven until golden and **crispy**, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Get Prepped

Meanwhile, trim and thinly slice the **spring onions**. Grate the **Cheddar**. Drain and rinse the **black beans** in a sieve. Pop **half** the **black beans** in a bowl and mash until broken up. Set aside for later. Zest and quarter your **lime**. Peel and grate the **garlic** (or use a garlic press).



## Start the Sauce

Heat a drizzle of **oil** in a frying pan on medium heat. When the **oil** is hot, add the **veggie mince** and cook until browned, 4-5 mins. Stir frequently.



## Add the Flavour

Add the **Mexican spice** and **garlic** to the **veggie mince**. Cook for 1-2 mins then add the **tomato passata**, **water** (see ingredients for amount), **red wine stock paste** and the **beans** (both the whole and mashed). Season with **salt** and **pepper**, stir and bring to the boil. Once boiling, reduce the heat and simmer until the **sauce** is thick and tomatoey, 8-10 mins, stirring occasionally (add a splash of **water** if it becomes too thick).



## Make the Zesty Soured Cream

While your **sauce** simmers, pop the **soured cream** in a bowl and mix with the **lime zest**, then season with **salt** and **pepper**. Once the **beany sauce** has cooked, stir in the **BBQ sauce**. Taste and season with more **salt** and **pepper** if necessary.



## Serve Up

Once the **wedges** are done, share into bowls and top with the **mince** and **bean** sauce. Cover with the **grated Cheddar**. Finish with a dollop of **lime soured cream** and the sliced **spring onion**. Serve with **wedges** of **lime** for squeezing over.

## 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.