

# Loaded Fries & Smokey Plant-Based Mince

with Caramelised Onion, Corn Salsa & Mayo

Grab your meal kit with this number



Onion

**Baby Leaves** 

Plant-Based

Mince

Plant-Based

Мауо

ALTERNATIVE PROTEIN



Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Prep in: 15-25 mins Ready in: 30-40 mins

1

Calorie Smart



Turn oven fries into a meal by loading them up with cheesy plant-based mince that's been busy cooking with carrot and our All-American spice blend for a sweet and smokey depth of flavour. Add the finishing touches with a spoonful of quick caramelised onion, and a juicy, colourful salsa which you can make as mild or as spicy as you'd like.





## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Oven tray lined with baking  $\mathsf{paper}\cdot\mathsf{Large}\,\mathsf{frying}\,\mathsf{pan}$ 

## Ingredients

<b>•</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
onion	1/2	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
baby leaves	1 small packet	1 medium packet
sweetcorn	1 medium tin	1 large tin
plant-based mince	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
water*	½ cup	1 cup
plant-based mayo	1 medium packet	1 large packet
* Davida ( 14 a marc		

#### \*Pantry Items

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2671kJ (638Cal)	407kJ (97Cal)
Protein (g)	29.2g	4.4g
Fat, total (g)	22.7g	3.5g
- saturated (g)	2g	0.3g
Carbohydrate (g)	79.9g	12.2g
- sugars (g)	38.3g	5.8g
Sodium (mg)	1637mg	249mg
Dietary Fibre (g)	15.5g	2.4g

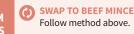
The quantities provided above are averages only.

### Allergens

Always read product labels for the most up-to-date allergen information. Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help! Scan here if you have any questions or concerns 2024 | CW26







#### Bake the fries

- Preheat oven to 240°C/220°C fan forced.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray, drizzle with **olive oil**, season and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.



#### Caramelise the onion

- Meanwhile, thinly slice onion.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well and cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.
- While the onion is cooking, grate **carrot**. Roughly chop **baby leaves**. Drain **sweetcorn**.



#### Cook the plant-based mince

- When the fries have 10 minutes remaining, return frying pan to medium-high heat with a drizzle of olive oil. Cook plant-based mince and carrot, breaking up mince with a spoon, until just browned, 4-5 minutes.
  Add All-American spice blend and cook, stirring, until fragrant, 1 minute.
- Add the water and cook until slightly thickened, 2-3 minutes.
- Meanwhile, combine **baby leaves**, **corn** and a drizzle of **olive oil** in a medium bowl. Toss to coat. Season to taste.

#### Serve up

- Divide fries between bowls.
- Load fries up with plant-based beef, caramelised onion and corn salsa.
- Drizzle with **plant-based mayo** to serve. Enjoy!



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

