

Loaded Fries & Smokey Plant-Based Mince

with Caramelised Onion, Corn Salsa & Mayo

ALTERNATIVE PROTEIN

Grab your meal kit
with this number

19



Potato



Onion



Carrot



Baby Leaves



Sweetcorn



Plant-Based Mince



All-American Spice Blend



Plant-Based Mayo



Beef Mince



Pork Mince

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

 Calorie Smart

 Plant Based

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.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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 paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
onion	½	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

*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.

1



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**.

3



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.

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM
OPTIONS



SWAP TO BEEF MINCE

Follow method above.



SWAP TO PORK MINCE

Follow method above.

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

