

Loaded Fries & Smokey Plant-Based Mince

with Caramelised Onion, Corn Salsa & Mayo

ALTERNATIVE PROTEIN

AIR FRYER FRIENDLY

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

Air fryer or 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



Air fry the fries

- Set your air fryer to **200°C**. Cut **potato** in fries. Place **fries** on a lined oven tray.
- Place **fries** into the air fryer basket, drizzle with **olive oil**, season with **salt** and **pepper** and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. 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 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



Caramelize the onion

- Meanwhile, thinly slice **onion** (see ingredients).
- 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 mince, 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 | CW28



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.

