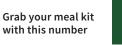


Loaded Fries & Smokey Plant-Based Mince

with Caramelised Onion, Corn Salsa & Mayo

ALTERNATIVE PROTEIN

AIR FRYER FRIENDLY









Potato



Carrot



Carrot







Sweetcorn

Plant-Based Mince



All-American



Mayo

All-American Spice Blend

Beef Mince



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

Plant Based



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 \cdot Large frying pan

Ingredients

	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

^{*}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.



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.



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.



Caramelise 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.



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!









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

