



Easy American Pulled Beef Loaded Fries

with Sour Cream Slaw & Cheesy Crisps

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Spring Onion



Pulled Beef



Soffritto Mix



All-American Spice Blend



Shredded Cabbage Mix



Sour Cream

Our pulled beef is gently cooked while vacuum-sealed (or 'sous vide' as the French say). The meat may look pale, but it's packed with flavour and moisture!

Pantry items

Olive Oil, Butter

Hands-on: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Kind of like nachos, but with a brand new personality, these loaded fries are the ultimate comfort food. Pile them high with saucy pulled beef, then serve with cheesy Parmesan crisps and a creamy slaw. Now, get cosy and tuck in!

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
spring onion	1 stem	2 stems
pulled beef	1 packet	1 packet
soffritto mix	1 packet (150g)	1 packet (300g)
All-American spice blend	1 sachet	1 sachet
water*	½ cup	1 cup
butter*	20g	40g
shredded cabbage mix	1 bag (150g)	1 bag (300g)
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1730kJ (413Cal)	316kJ (76Cal)
Protein (g)	14.2g	2.6g
Fat, total (g)	22g	4g
- saturated (g)	15g	2.7g
Carbohydrate (g)	36.5g	6.7g
- sugars (g)	10.4g	1.9g
Sodium (mg)	828mg	151mg

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 with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

3



Cook the beef

- When fries have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- Cook **soffritto mix** until softened, **4-5 minutes**.
- Add **pulled beef**, **All-American spice blend** and the **water** and cook until slightly thickened, **2-3 minutes**.
- Add the **butter** and stir until melted, **1 minute**.

2



Bake the cheesy crisps

- While fries are baking, place **grated Parmesan cheese** in even circles (2 per person) on a second lined oven tray. Bake until golden and crisp at the edges, **4-5 minutes**.
- Remove **cheesy crisps** from oven and set aside to cool.
- Meanwhile, thinly slice **spring onion**. Drain brine from **pulled beef** packet, then roughly chop **beef**.

TIP: Keep an eye on the cheesy crisps as they can burn easily. They'll become crisp as they cool.

4



Serve up

- Meanwhile, add **shredded cabbage mix**, **sour cream** and 1/2 the spring onion to a large bowl. Toss to combine. Season to taste.
- Divide fries between plates. Top with American pulled beef and sour cream slaw.
- Top with a cheesy crisp and remaining spring onion to serve.

Enjoy!