

CHEESY AMERICAN BEEF LOADED WEDGES

with Sour Cream





Load a beef chilli with beans and carrot!





Sweetcorn



Brown Onion







Carrot





Red Kidney





All-American Spice Blend



Tomato Paste

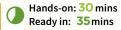




Beef Stock

Shredded Cheddar Cheese





A cross between nachos and stuffed baked potatoes, these loaded wedges are the ultimate comfort food. Pile them high with saucy American-spiced beef, Cheddar cheese, charred corn and sour cream, then get cosy and tuck in!

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

• oven tray lined with baking paper • large frying pan with a lid (or foil)



Preheat the oven to 240°C/220°C fanforced. Cut the potato (unpeeled) into 1cm wedges. Place the potato on an oven tray lined with baking paper. Drizzle with olive oil, season with a pinch of salt and pepper and toss to coat. Roast until tender, 25-30 minutes. TIP: Cut the potato to the correct size so it cooks in the allocated time.



PREP THE VEGGIES
While the wedges are roasting, drain the sweetcorn (see ingredients list). Finely chop the brown onion (see ingredients list). Finely chop the garlic (or use a garlic press). Finely chop the tomato. Grate the carrot (unpeeled). Drain and rinse the red kidney beans (see ingredients list).



Theat a large frying pan over a high heat.

Add the corn kernels and cook until lightly charred, 4-5 minutes. *TIP: Cover the pan with a lid if the kernels are "popping" out.

Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of olive oil.

When the oil is hot, add the onion and cook until softened, 3 minutes. Add the garlic and cook until fragrant, 1 minute. Add the beef mince and cook, breaking up with a spoon, until browned, 3-4 minutes. Add the All-American spice blend and cook until fragrant, 1 minute.



ADD THE CARROT & BEANS
Add the grated carrot and red kidney
beans to the frying pan and cook until
softened and heated through, 2-3 minutes.



Add the tomato paste (see ingredients list), the water and crumbled beef stock and stir to combine. Add a dash of water if the sauce looks too thick. Reduce the heat to medium-low and sprinkle the shredded Cheddar cheese over the beef mixture. Cover with a lid or foil and cook until the cheese has melted, 2-3 minutes.



SERVE UPDivide the potato wedges and cheesy American beef between bowls. Top with the tomato, charred corn and a dollop of **sour cream**.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	4	8
sweetcorn	½ tin (205g)	1 tin (410g)
brown onion	1/2	1
garlic	1 clove	2 cloves
tomato	1	2
carrot	1	2
red kidney beans	½ tin	1 tin
beef mince	1 small packet	1 large packet
All-American spice blend	1 sachet	2 sachets
tomato paste	⅔ tin	1½ tins
water*	⅓ cup	⅔ cup
beef stock	1 sachet	2 cubes
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
sour cream	1 tubs	2 tubs

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3390kJ (811Cal)	385kJ (92Cal)
Protein (g)	49.5g	5.6g
Fat, total (g)	33.3g	3.8g
- saturated (g)	17.8g	2.0g
Carbohydrate (g)	69.9g	7.9g
- sugars (g)	20.6g	2.3g
Sodium (g)	1470mg	166mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

HelloFRESH