



Plant-Based Loaded Fries

with Caramelised Onion, Radish Salsa & Mayo

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Onion



Carrot



Radish



Baby Spinach Leaves



Sweetcorn



Plant-Based Mince



All-American Spice Blend



Plant-Based Mayo



Beef Mince

Recipe Update

Unfortunately, this week's tomato was in short supply, so we've replaced it with radish. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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



Plant Based*

*Custom Recipe is not 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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food

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	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
carrot	1	2
radish	2	3
baby spinach leaves	1 small bag	1 medium bag
sweetcorn	1 tin	1 tin
plant-based mince	1 packet	2 packets
All-American spice blend	1 sachet	1 sachet
water*	½ cup	1 cup
plant-based mayo	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2754kJ (658Cal)	402kJ (96Cal)
Protein (g)	30.5g	4.5g
Fat, total (g)	24.9g	3.6g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	75.4g	11g
- sugars (g)	28.5g	4.2g
Sodium (mg)	1765mg	258mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2945kJ (704Cal)	415kJ (99Cal)
Protein (g)	39g	5.5g
Fat, total (g)	29.1g	4.1g
- saturated (g)	9.1g	1.3g
Carbohydrate (g)	68.6g	9.7g
- sugars (g)	27.3g	3.8g
Sodium (mg)	1056mg	149mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW20



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 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 **radish**, **baby spinach**, **corn** and a drizzle of **olive oil** in a medium bowl. Toss to coat. Season to taste.

Custom Recipe: If you've swapped from plant-based mince to beef mince, cook beef in the same way as above.

2



Caramelize 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. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.
- While the onion is cooking, grate **carrot**. Thinly slice **radish**. Roughly chop **baby spinach leaves**. Drain the **sweetcorn**.

4



Serve up

- Divide fries between bowls.
- Load fries up with plant-based mince, caramelized onion and radish salsa.
- Drizzle with **plant-based mayo** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate