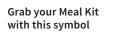
Plant-Based Loaded Fries

with Caramelised Onion, Radish Salsa & Mayo

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Carrot

Radish





Baby Spinach

Sweetcorn



Plant-Based

All-American Spice Blend



Mince

Plant-Based Mayo



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.

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 \cdot 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.



Scan here if you have any questions or concerns

2023 | CW20





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.



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.



Caramelise 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.



Serve up

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

Rate your recipe