



LOADED SPICED WEDGES

with Caramelised Onion & Mashed Avocado



Turn cheesy wedges into a hearty meal



Potato



Creole Spice Blend



Corn



Red Onion



Tomato



Red Kidney Beans



Coriander



Lime



Cheddar Cheese



Avocado



Greek Yoghurt

Hands-on: 25 mins
Ready in: 35 mins

Everyone loves potato wedges, that's why we turned them into a hearty vegetarian meal. To make it work, we enlisted a few flavour-packed helping hands – beans, corn, caramelised onions and smashed avocado, plus a scattering of melted cheese. Now, it's time to move wedges from the side to the main part of your plate!

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar

BEFORE YOU START

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

- **oven tray** lined with **baking paper**
- **medium frying pan**



1 ROAST THE WEDGES & CORN

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on an oven tray lined with baking paper. **Drizzle** with **olive oil**, sprinkle with the **Creole spice blend** (see **ingredients list**) and season with a **pinch** of **salt** and **pepper**. Toss to coat. Place the **corn** on the same oven tray, **drizzle** with **olive oil** and season with **salt** and **pepper**. Roast for **20 minutes**, or until the potatoes are nearly tender and the corn is bright yellow (the potatoes will continue cooking in step 4!)



4 FINISH THE WEDGES

Remove the oven tray with the potatoes and corn after **20 minutes**. Transfer the corn to a plate and set aside. Sprinkle the **red kidney beans** and **Cheddar cheese** over the potatoes and bake for a further **5 minutes**, or until the potatoes are tender and the cheese is melted.



2 CARAMELISE THE ONION

While the potatoes are roasting, thinly slice the **red onion**. In a medium frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the onion and cook for **5-6 minutes**, stirring regularly until softened. Add the **balsamic vinegar**, **water** and **brown sugar** and stir to combine. Cook for a further **3-5 minutes** or until dark and sticky. Set aside.



5 MASH THE AVOCADO

While the cheese is melting, scoop out the **avocado** flesh using a spoon. In a medium bowl, mash the avocado flesh with a **squeeze** of **lime juice** and a **drizzle** of **olive oil** until smooth. Season to taste with **salt** and **pepper**. When the **corn** is cool enough to handle, slice the kernels from the cob.



3 PREP THE VEG & CHEESE

Finely chop the **tomato**. Roughly chop the **coriander**. Slice the **lime** into wedges. Drain and rinse the **red kidney beans** (see **ingredients list**). Grate the **Cheddar cheese**.



6 SERVE UP

Divide the cheesy wedges between plates and top with the caramelised onions, mashed avocado and **Greek yoghurt**. Sprinkle with the corn kernels, tomato and coriander. Serve with the remaining lime wedges.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
Creole spice blend	½ sachet	1 sachet
corn	1	2
red onion	1	2
balsamic vinegar*	4 tsp	2 ½ tbs
water*	2 tsp	4 tsp
brown sugar*	1½ tsp	1 tbs
tomato	1	2
coriander	1 bag	1 bag
lime	1	2
red kidney beans	½ tin	1 tin
Cheddar cheese	1 block (50 g)	1 block (100 g)
avocado	1	2
Greek yoghurt	1 pack (100 g)	2 packs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2600kJ (621Cal)	363kJ (87Cal)
Protein (g)	24.3g	3.4g
Fat, total (g)	25.7g	3.6g
- saturated (g)	9.9g	1.4g
Carbohydrate (g)	65.7g	9.2g
- sugars (g)	16.1g	2.3g
Sodium (g)	456mg	64mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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