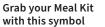


# Loaded Wedges & Mexican-Spiced Chickpeas with Zesty Sour Cream & Tomato Salsa

with this symbol























**Baby Spinach** 



Chickpeas

Leaves



Sweetcorn



Tex-Mex Spice



Tomato Paste



Vegetable Stock Powder



**Pantry items** 

Olive Oil, White Wine Vinegar

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 - chickpeas, corn, pickled onion and sour cream, plus a scattering of melted cheese. Now, it's time to move wedges from the side to the main part of your plate!

#### 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

Oven tray lined with baking paper · Large frying pan

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
chives	1 bunch	1 bunch
red onion	1/2	1
lemon	1/2	1
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
chickpeas	1 tin	2 tins
sweetcorn	½ tin	1 tin
white wine vinegar*	1/4 cup	½ cup
Tex-Mex spice blend	1 sachet	1 sachet
tomato paste	½ tin	1 tin
vegetable stock powder	1 sachet	1 sachet
water*	½ cup	1 cup
sour cream	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2334kJ (557Cal)	349kJ (83Cal)
Protein (g)	23.2g	3.5g
Fat, total (g)	12.9g	1.9g
- saturated (g)	7.3g	1.1g
Carbohydrate (g)	67.7g	10.1g
- sugars (g)	18.8g	2.8g
Sodium (mg)	1601mg	239mg

## **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.



## Bake the wedges

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, season with salt and toss to coat. Bake until tender, 25-30 minutes.

**TIP:** Cut the potato to size so it cooks in time.



## Get prepped

Finely chop the **tomato**. Finely chop the **chives**. Thinly slice the **red onion** (see ingredients). Zest the **lemon** to get a pinch, then slice into wedges. Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Drain the **chickpeas** and **sweetcorn** (see ingredients). In a small bowl, combine the **onion**, **white wine vinegar** and a good pinch of **sugar** and **salt**. Add the **onion** to the **pickling liquid** with just enough **water** to cover the onion and stir to coat. Set aside.



#### Make the salsa

In a medium bowl, combine the **tomato**, **chives**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



#### Cook the chickpeas

When the wedges have 10 minutes cook time remaining, heat a large frying pan over a medium-high heat. Cook the sweetcorn until lightly browned, 4-5 minutes. Reduce the heat to medium, then add a drizzle of olive oil, the chickpeas, Tex-Mex spice blend and garlic and cook until fragrant 1-2 minutes. Add the tomato paste (see ingredients), vegetable stock powder and water and cook until the chickpeas have softened slightly, 2-3 minutes. Remove from the heat, then add the baby spinach. Season with salt and pepper and stir to combine.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



## Make the lemon yoghurt

While the chickpeas are cooking, combine the **sour cream** and **lemon zest** in a second small bowl.



#### Serve up

Drain the pickled onion. Divide the potato wedges between plates and top with the Mexican-spiced chickpeas. Drizzle with the zesty sour cream and garnish with the pickled onion. Serve with the tomato salsa and any remaining lemon wedges.

## Enjoy!

If you have any questions or concerns, please visit hellofresh.co.nz/contact