



# Loaded Wedges & Mexican-Spiced Chickpeas

with Zesty Sour Cream & Tomato Salsa

Grab your Meal Kit with this symbol



Potato



Tomato



Chives



Red Onion



Lemon



Garlic



Baby Spinach Leaves



Chickpeas



Sweetcorn



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Sour Cream

Hands-on: 25-35 mins  
Ready in: 35-45 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 – 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!

## Pantry items

Olive Oil, White Wine Vinegar

## 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	½	1
lemon	½	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*	¼ 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

\*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](https://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!