

Oregano Beef Loaded Fries

with Garlicky Cheese, Pickled Onion & Salsa

Grab your Meal Kit with this symbol



Potato



Dried Oregano



Red Onion



Garlic



Greek Salad Cheese/
Feta Cheese



Carrot



Beef Mince



Tomato Paste



Beef-Style
Stock Powder



Tomato



Cucumber



Parsley

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Kind of like nachos, but with a brand new personality, these loaded fries are the ultimate comfort food. Pile them high with saucy oregano-spiced beef, cucumber salsa and crumbly garlic-infused cheese, then get cosy and tuck in!

Pantry items

Olive Oil, Vinegar (White Wine or Red Wine)

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	3	6
dried oregano	1 sachet	2 sachets
red onion	1 (medium)	1 (large)
vinegar* (white wine or red wine)	¼ cup	½ cup
garlic	4 cloves	8 cloves
Greek salad cheese/ feta cheese	1 block (50g)	1 block (100g)
carrot	1	2
beef mince	1 packet	1 packet
tomato paste	½ packet	1 packet
water*	½ cup	1 cup
beef-style stock powder	1 sachet	2 sachets
tomato	1	2
cucumber	1 (medium)	1 (large)
parsley	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2711kJ (647Cal)	403kJ (96Cal)
Protein (g)	41.6g	6.2g
Fat, total (g)	25.4g	3.8g
- saturated (g)	14.3g	2.1g
Carbohydrate (g)	47.4g	7g
- sugars (g)	14g	2.1g
Sodium (mg)	1379mg	205mg

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.

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

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Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries and place on an oven tray lined with baking paper. Sprinkle over 1/2 the **dried oregano**, season with **salt** and **pepper** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

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



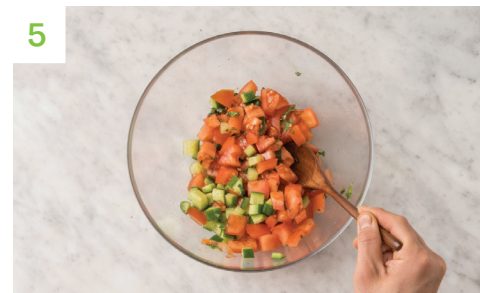
Cook the beef

When the fries have **10 minutes** cook time remaining, grate the **carrot**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the remaining **onion** until slightly softened, **2-3 minutes**. Add the **carrot** and **beef mince** and cook, breaking it up with a spoon until just browned, **4-5 minutes**. Add the **tomato paste** (see ingredients), remaining **dried oregano** and remaining **garlic** and cook until fragrant, **1 minute**. Add the **water** and **beef-style stock powder** and cook until slightly reduced, **1-2 minutes**. Season with **salt** and **pepper**.



Pickle the onion

While the fries are baking, thinly slice 1/2 the **red onion** and finely chop the remaining **onion** (this will be used in step 4!). In a small bowl, add the **vinegar** and a generous pinch of **salt** and **sugar**. Scrunch the sliced **onion** in your hands, then add to the pickling liquid with just enough **water** to cover the onion. Stir to coat and set aside until serving.



Make the salsa

While the beef is cooking, roughly chop the **tomato**, **cucumber** and **parsley** leaves. In a medium bowl, combine the **tomato**, **cucumber**, **parsley** and a drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat.



Make the garlicky cheese

Finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a second small bowl, then crumble in the **cheese** and stir with a fork to combine. Season to taste and set aside.



Serve up

Drain the pickled onion. Divide the fries between plates, then top with the oregano beef, the salsa and garlicky cheese. Garnish with the pickled onion.

Enjoy!