



# Mexican Bean Loaded Wedges

with cheese, avocado salsa and creme fraiche

Veggie 40 – 45 mins

7



Potatoes



Garlic



Black Beans



Grated Cheese



Lemon



Avocado



Tomato



Mexican Style Spice Mix



Passata



Vegetable Stock



Creme Fraiche

Pantry Items: Salt, Pepper, Sugar, Water, Oil



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, grater, sieve, zester

## Ingredients

	2P	4P
Potatoes	3 units	6 units
Garlic	2 units	4 units
Black Beans	1 pack	2 packs
Grated Cheese	50 g	100 g
Lemon	1 unit	2 units
Avocado	1 unit	2 units
Tomato	1 unit	2 units
Mexican Style Spice Mix	2 sachets	4 sachets
Passata	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Creme Fraiche	65 g	110 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	869.5 g	100 g
Energy (kJ/kcal)	4121 kJ/ 985 kcal	474 kJ/ 113 kcal
Fat (g)	42.8 g	4.9 g
Sat. Fat (g)	15.1 g	1.7 g
Carbohydrate (g)	113.1 g	13 g
Sugars (g)	18.3 g	2.1 g
Protein (g)	27.8 g	3.2 g
Salt (g)	5.6 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.  
Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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## Cook the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (peeling optional).
- Pop the wedges onto a large (lined) baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

**TIP:** Use two baking trays if necessary.



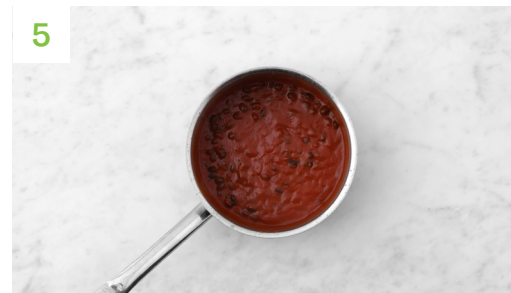
## Simmer the Mexican Beans

- Place a pot over medium-high heat with a drizzle of **oil**.
- Add the **garlic** and **Mexican spice mix**. Cook until fragrant, 30 secs.
- Stir in the **beans, passata, stock**, ½ tsp **sugar** and 100ml **water** (double both for 4p).
- Bring to the boil, then lower the heat and simmer until thickened, stirring occasionally, 8-10 mins.



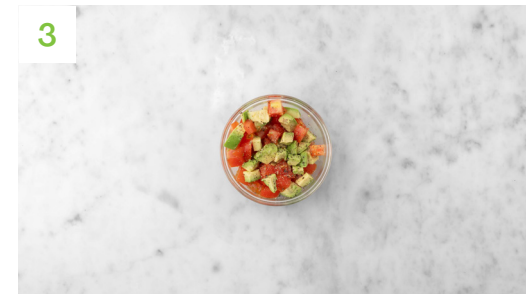
## Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **beans** in a sieve.
- Zest and quarter the **lemon**.
- Halve the **avocado** and remove the pit. Use a tablespoon to scoop the flesh out onto a board, then cut into 1cm chunks.
- Chop the **tomato** into 1cm chunks.



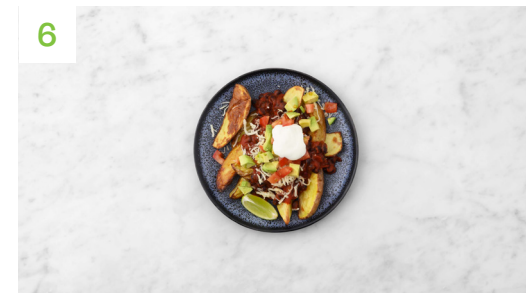
## Finishing Touches

- When the sauce has thickened, squeeze in the juice of one **lemon** wedge (double for 4p).
- Add a splash of **water** to loosen the sauce if you feel it's too thick.
- Taste and season with **salt, pepper** and more **lemon** juice if needed.
- Remove the pot from the heat.



## Make the Salsa

- In a bowl, combine the **avocado, tomato** and **lemon** zest.
- Toss with the juice from one **lemon** wedge (double for 4p), a drizzle of **oil, salt** and **pepper**.
- Taste and add more **lemon** juice if needed.
- Set your salsa aside until ready to serve.



## Load and Serve

- Share the wedges between plates and spoon the **bean** mixture over the top (reheat first if needed).
- Sprinkle over the **cheese** and **avocado** salsa.
- Finish with a dollop of **creme fraiche**.
- Serve any remaining **lemon** wedges on the side for squeezing over.

Enjoy!