Texan Beef Loaded Fries

with Avo Salad, Charred Onion & Smokey Aioli

BUILD YOUR OWN PLATE

Grab your meal kit with this number **42**

- Potato
- Onion
- Tomato
- Cos Lettuce
- Avocado
- Totara Tasty Cheddar
- Beef Mince
- Tex-Mex Spice Blend
- Tomato Paste
- Smokey Aioli

Beef Mince

Diced Bacon

Prep in: 15-25 mins
Ready in: 30-40 mins

Fries are definitely a family fave side, but what if you made them the base of your dinner? Skip the nacho chips and instead, load up your potato fries with all your favourite toppings like Tex-Mex beef, fresh tomato, cos, avocado and of course cheese. Oh, and our favourite condiment; smokey aioli!

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
onion	1	2
tomato	1	2
cos lettuce	½ head	1 head
avocado	1 (small)	1 (large)
Totara tasty Cheddar	½ packet	1 packet
beef mince	250g	500g
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
water*	⅓ cup	⅔ cup
white wine vinegar*	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3870kJ (925Cal)	656kJ (157Cal)
Protein (g)	47g	8g
Fat, total (g)	65.7g	11.1g
- saturated (g)	24.6g	4.2g
Carbohydrate (g)	32.3g	5.5g
- sugars (g)	12.6g	2.1g
Sodium (mg)	974mg	165mg
Dietary Fibre (g)	10.1g	1.7g

The quantities provided above are averages only.

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW47

1

Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: *If your oven tray is crowded, divide between two trays.*

2

Char the onion

- Meanwhile, thinly slice **onion**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, until tender, **6-8 minutes**. Transfer to a small bowl and cover to keep warm.

3

Get prepped

- Roughly chop **tomato**.
- Finely shred **cos lettuce (see ingredients)**.
- Slice **avocado** in half, scoop out flesh and roughly chop.
- Using a grater, grate **Totara tasty cheese (see ingredients)**.

4

Cook the beef

- When the fries have **10 minutes** remaining, heat a large frying pan over medium-high heat.
- Cook **beef mince** (no need for oil!), breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **Tex-Mex spice blend** and **tomato paste** and cook, stirring until fragrant, **1 minute**.
- Add the **water** and simmer until slightly thickened, **1 minute**. Season to taste with **salt** and **pepper**.

5

Toss the salad

- In a large bowl, combine **cos**, **tomato** and **avocado** with a drizzle of **olive oil** and **white wine vinegar**. Season to taste.

6

Finish & serve

- Bring everything to the table.
- Build your own plate with fries, Texan beef, avo salad, charred onion, tasty cheese and **smokey aioli** to serve. Enjoy!

If you've added mini flour tortillas: *Warm in the microwave in 10 second bursts to serve.*

CUSTOM OPTIONS

BEEF MINCE:
Follow method above.

DICED BACON:
Cook with beef mince, breaking up with a spoon until browned, 6-7 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO