



Loaded Mexican fries

with guacamole and chipotle mayonnaise



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray/s, deep baking dish



Pantry items needed: olive oil, salt



Hands-on: 25 minutes
Ready in: 45 minutes



Serves: 2 or 4

Inspired by a popular Mexican fast food chain dish, these fries are packed with flavour and protein! With our house-made chipotle mayonnaise, you can add a touch of spice or otherwise leave it off and keep this dish family friendly.

NO ADDED GLUTEN | Spicy (mild/optional), Garlic and onion free

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Potato	800g	1600g
Olive oil*	1 tbsp	2 tbsp
Salt*, divided	1 tsp	2 tsp
Black beans	1 can	2 cans
Corn kernels	1 can	2 cans
Cheddar cheese	1 bag	1 bag
Avocado	170g	340g
Lime	80g (half)	80g
Coriander	15g	30g
Chipotle mayonnaise	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: none.

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook fries

Preheat oven to 210°C, line baking tray/s and set aside a deep baking dish. Cut **potatoes** (unpeeled) lengthways into 1cm-thick **fries**. In a large bowl, add **fries**, **olive oil*** and **half** the **salt*** and toss to coat. Arrange **fries** onto tray/s in a single layer, spaced out so they are not touching. Bake for **30 minutes**, flipping over halfway through.

2. Bake

Drain and rinse **black beans** and **corn**. Stack **fries** in baking dish and top with **beans**, **corn** and **cheese** and bake for **10 minutes**.

3. Make guacamole

Deseed **avocado** and spoon flesh out into a medium bowl. Juice **lime** (**½ for 2 serves** and **1 for 4 serves**). Finely chop **coriander**. Add **lime** juice, **coriander** and remaining **salt*** and mash roughly with a fork.

4. Serve

Dollop **guacamole** and **chipotle mayonnaise** over **loaded fries** and serve on plates.

Eat your way
to healthy!



Black beans are a great source of fibre, protein and good carbs. They also contain several key vitamins and minerals, including vitamins A, B1, B3, B9 and K, calcium, manganese, magnesium, iron, phosphorus, potassium and zinc.

Black beans have been linked to health benefits such as reduced risk of heart disease and certain cancers, stronger bones, lower blood sugar levels, improved eye health, healthy digestion and weight control.

Nutritional information*

	Per 505g serve	Per 100g
Energy	3284kJ (786Cal)	650kJ (156Cal)
Protein	21.3g	4.2g
Fat, total	34.5g	6.8g
- Saturated	13.3g	2.6g
Carbohydrate	88.0g	17.0g
- Sugars	5.0g	1.0g
Sodium	1617mg	320mg

* Nutritional information is based on averages