

DINNERLY



Kid Approved: Cheesy Loaded Wedges with Barbecue-Spiced Beans and Avo



30 minutes



2 Servings

Keep the kids happy – and the adults too! Simply choose our 'kid-approved' recipes filled with crowd-pleasing flavours and ingredients, then watch the whole family tuck in. You can thank us later!

WHAT WE SEND

- 2 potatoes
- 1 spring onion
- 50g smoked cheddar ²
- 380g kidney beans
- 400g diced tomatoes
- 10g smoky barbecue seasoning ³
- 50g tomato paste
- 1 avocado

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 tbs olive oil
- 2 tsp sugar
- 2 tbs mayonnaise ¹

TOOLS

- oven tray
- baking paper
- box grater
- medium deep frypan

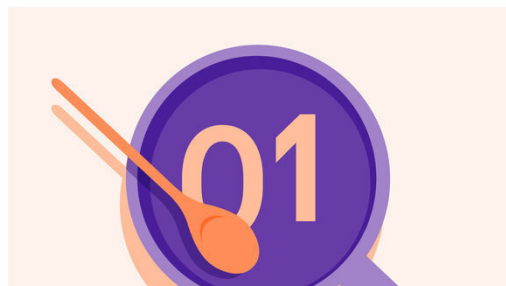
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Milk (2), Sulphites (3). May contain traces of other allergens.

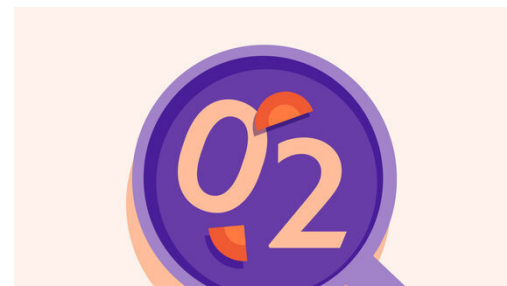
NUTRITION PER SERVING

Energy 790kcal, Fat 42.5g, Carbs 67.4g, Protein 24.4g



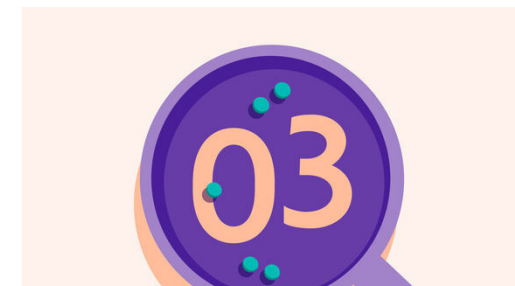
1. Prep ingredients

Check your avocado is ripe before starting this recipe (see Kitchen hack). Preheat the oven to 220C, fan-forced. Line an oven tray with baking paper. Cut the **unpeeled potatoes** into 2cm-thick wedges. Thinly slice the **spring onion**. Coarsely grate the **cheese**. Drain and rinse the **beans**.



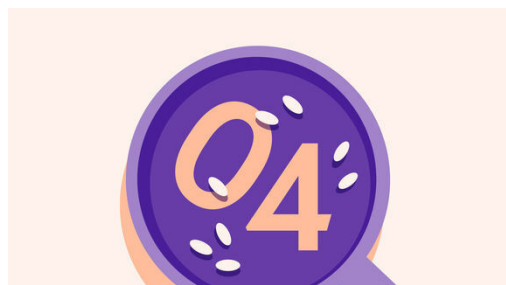
2. Roast wedges

Put the **potato wedges** on the lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to coat. Roast for 20-22 mins until golden and tender.



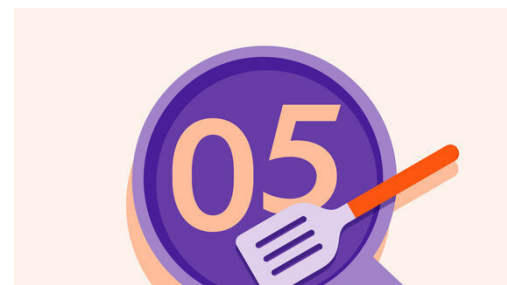
3. Cook beans

Meanwhile, put the **beans, tomatoes, barbecue seasoning, half the tomato paste*** and **2 tsp sugar** in a medium deep frypan and bring to a simmer over medium-high heat. Reduce the heat to medium and cook, stirring occasionally, for 8-10 mins until thickened. Remove the pan from the heat. Taste, then season with **salt and pepper**.



4. Melt cheese

Spoon the **bean mixture** over the potato wedges, then scatter with the **cheese**. Roast for 3-4 mins until the cheese is bubbling.



5. Serve up

While the cheese is melting, cut the **avocado** into 1cm chunks. Combine **2 tbs mayonnaise** and **2 tsp water** in a bowl. Divide the **loaded wedges** among plates. Scatter over the **avocado** and **spring onion**, dollop with the **mayo** and enjoy!



6. Kitchen hack

To speed up the ripening process, put the avocado in a paper bag and loosely close, then leave on the kitchen bench for a day or two. Add a banana to the bag to make the avocado ripen faster.