

Cheat's Loaded Veggie Jacket Potatoes

with Spiced Beans & Sour Cream

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Potato



Garlic



Capsicum



Cannellini Beans



All-American Spice Blend



Passata



Snacking Tomatoes



Mixed Salad Leaves



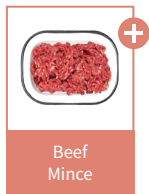
Cheddar Cheese



Light Sour Cream



Pork Mince



Beef Mince

Prep in: 30-40 mins
Ready in: 35-45 mins

Protein Rich

We've loaded up perfectly baked potatoes with mildly spiced cannellini beans and all the best toppings, including a generous sprinkle of cheese. Complete the dish with a colourful cherry tomato salad and a dollop of sour cream, this is the kind of vegetarian meal that will see everyone asking for seconds.

Pantry items

Olive Oil, Brown Sugar, Butter, White Wine Vinegar

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

Air fryer or 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
garlic	2 cloves	4 cloves
capsicum	1	2
cannellini beans	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
passata	1 packet	2 packets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
snacking tomatoes	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2930kJ (700Cal)	344kJ (82Cal)
Protein (g)	32.2g	3.8g
Fat, total (g)	28.6g	3.4g
- saturated (g)	14.7g	1.7g
Carbohydrate (g)	77.3g	9.1g
- sugars (g)	25.5g	3g
Sodium (mg)	1130mg	133mg
Dietary Fibre (g)	20.5g	2.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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 | CW06



Cook the potato

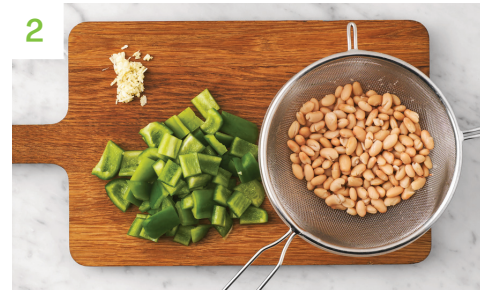
- Set air fryer to **200°C**.
- Cut **potato** in half. Using a fork, prick holes all over **potato**.
- Place **potato** on a large microwave-safe plate. Splash with **water** and cover with a damp paper towel. Microwave **potato** on high, until slightly tender, **5 minutes**.
- Remove paper towel and drizzle potato with **olive oil** and a good pinch of **salt** and toss to coat.
- Place **potato** into the air fryer basket, cut-side down, and cook until golden and tender, **15-20 minutes**.

TIP: No air fryer? Preheat oven to 200°/180°C fan-forced. Prepare potato as above and cook, on a lined oven tray, until crisp and tender, 40-45 minutes.



Make it saucy

- Add **passata**, the **brown sugar**, **butter** and a splash of **water**, stirring to combine.
- Reduce heat to medium-low and simmer until slightly thickened, **4-5 minutes**.



Get prepped

- Meanwhile, finely chop **garlic**.
- Roughly chop **capsicum**.
- Drain and rinse **cannellini beans**.



Make the salad

- While the bean mixture is simmering, halve **snacking tomatoes**.
- In a large bowl combine **snacking tomatoes**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Cook the spiced beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **capsicum** and **cannellini beans**, stirring, until softened, **3-4 minutes**.
- SPICY!** The spice blend is mild, but use less if you're sensitive to heat. Add **garlic** and **All-American spice blend**, then cook until fragrant, **1 minute**.



Serve up

- Divide jacket potatoes between plates.
- Load cheat's potatoes up with spiced beans, **Cheddar cheese** and **light sour cream**.
- Serve with salad. Enjoy!

CUSTOM OPTIONS



ADD PORK MINCE

Before cooking sauce, cook pork mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 3-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

