



# Bacon & Baked Bean Jacket Potatoes

with Garden Salad & Sour Cream

Grab your Meal Kit with this symbol 



Potato



Bacon



Brown Onion



Capsicum



Garlic



Coriander



Zucchini



Carrot



Cannellini Beans



All-American Spice Blend



Tomato Paste



BBQ Sauce



Passata



Shredded Cheddar Cheese




Mixed Salad Leaves



Sour Cream

 Hands-on: **25-35 mins**  
Ready in: **45-55 mins**

 Naturally gluten-free  
*Not suitable for Coeliacs*

What's rich, saucy, cheesy and downright delicious? These flavour-packed baked beans, that's what! Add some roasted potatoes with crispy edges and a fresh green salad for a hearty dinner that the whole family will love.

### Pantry items

Olive Oil, Butter, Balsamic Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

### You will need

Oven tray lined with baking paper  
large frying pan · Large baking dish

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
bacon	1 packet	2 packets
brown onion	½	1
capsicum	1	2
garlic	2 cloves	4 cloves
coriander	1 bag	1 bag
zucchini	1	2
carrot	1	2
cannellini beans	½ tin	1 tin
All-American spice blend	½ sachet	1 sachet
tomato paste	½ sachet	1 sachet
BBQ sauce	½ tub (20g)	1 tub (40g)
passata	1 box (200g)	2 boxes (400g)
water*	1 tbs	2 tbs
butter*	20g	40g
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3309kJ (790Cal)	359kJ (85Cal)
Protein (g)	31.3g	3.4g
Fat, total (g)	42g	4.6g
- saturated (g)	21.5g	2.3g
Carbohydrate (g)	64.3g	7g
- sugars (g)	30.2g	3.3g
Sodium (mg)	1453mg	158mg

### Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the jacket potatoes

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potatoes** (unpeeled) in half and prick all over with a fork. Place cut-side down on a plate and microwave on high until just softened, **10-12 minutes**. Transfer to an oven tray lined with baking paper. **Drizzle** with **olive oil** and season generously with **salt** and **pepper**. Bake on the top rack until crisp, **15-20 minutes**.

**TIP:** If you don't have a microwave, bake until potatoes are crisp and tender, **30-35 minutes**.



## 4. Finish the beans

Add the **cannellini beans** and **All-American spice blend** (see ingredients list) to the frying pan and cook until fragrant, **1 minute**. Add the **tomato paste** (see ingredients list) and **BBQ sauce** (see ingredients list) and stir to combine. Add the **passata**, **water** and **butter** and cook, stirring, until well combined, **2-3 minutes**. Season to taste with **salt** and **pepper**. Transfer the **bean mixture** to a large baking dish, sprinkle with the **shredded Cheddar cheese** and bake until thickened and the **cheese** is melted, **8-10 minutes**.



## 2. Get prepped

While the **potatoes** are in the microwave, cut the **bacon** into 1cm pieces. Finely chop the **brown onion** and **capsicum**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **coriander**. Grate the **zucchini**. Grate the **carrot** (unpeeled). Drain and rinse the **cannellini beans** (see ingredients list).



## 5. Make the salad

While the **beans** are in the oven, combine the **balsamic vinegar** and a **drizzle** of **olive oil** in a large bowl. Just before serving, add the remaining **carrot** and the **mixed salad leaves** and toss to coat. Season to taste with **salt** and **pepper**.



## 3. Cook the bacon & veggies

Heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **bacon** and cook until browned, **6-7 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a **drizzle** of **olive oil**, if necessary. Add the **onion**, **capsicum**, **zucchini** and **1/2** the **carrot**, season with **salt** and **pepper** and cook, stirring, until softened, **6-7 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Stir through the **bacon**.



## 6. Serve up

Divide the jacket potatoes between plates and spoon over the bacon baked beans. Top with **sour cream** and garnish with the coriander. Serve with the garden salad.

**Enjoy!**