



# Cheat's Loaded Veggie Jacket Potatoes

with Sour Cream & Chives

Grab your Meal Kit  
with this symbol



Potato



Brown Onion



Carrot



Garlic



Cannellini Beans



All-American  
Spice Blend



Vegetable Stock  
Pot



Tomato Paste



Dijon Mustard



Apple



Shredded Cabbage  
Mix



Chives



Shredded Cheddar  
Cheese



Sour Cream

 Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

These baked potatoes are paired with an incredibly saucy bean mix, Cheddar, chives and sour cream. Serve with our crisp apple coleslaw for a truly comforting meal everyone will love.

## Pantry items

Olive Oil, White Wine 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
salt*	¼ tsp	½ tsp
brown onion	1	2
carrot	1	2
garlic	2 cloves	4 cloves
cannellini beans	1 tin	2 tins
All-American spice blend	1 sachet	2 sachets
vegetable stock pot	1 tub (20g)	1 tub (40g)
water*	¾ cup	1½ cups
tomato paste	1 sachet	2 sachets
Dijon mustard	1 tub (15g)	2 tubs (30g)
apple	½	1
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 bag (150g)	1 bag (300g)
chives	1 bunch	1 bunch
shredded Cheddar cheese	1 medium packet	1 large packet
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2910kJ (695Cal)	345kJ (82Cal)
Protein (g)	26.7g	3.2g
Fat, total (g)	24.9g	2.9g
- saturated (g)	12.7g	1.5g
Carbohydrate (g)	79.5g	9.4g
- sugars (g)	28.4g	3.4g
Sodium (mg)	2229mg	264mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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 **200°C/180°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, cut-side down, to an oven tray lined with baking paper. Drizzle with **olive oil** and season with the **salt** and a pinch of **pepper**. Bake until crisp, **15-20 minutes**.

**TIP:** If you don't have a microwave, bake the halved potatoes for a total of **30-35 minutes** or until crisp and tender.

2



## Get prepped

While the potato is cooking, finely chop the **brown onion**. Grate the **carrot** (unpeeled). Finely chop the **garlic**. Drain and rinse the **cannellini beans**.

3



## Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **onion** and 1/2 the grated **carrot** and cook, stirring, until softened, **4-5 minutes**. Add the **garlic**, **All-American spice blend** and **cannellini beans** and cook until fragrant, **1 minute**.

4



## Make it saucy

Add the **vegetable stock pot**, **water** and **tomato paste** to the bean mixture. Stir to combine. Reduce the heat to medium-low and simmer until slightly thickened, **4-5 minutes**. Season to taste.

5



## Make the slaw

While the bean mixture is simmering, thinly slice the **apple** (see ingredients) into thin sticks. In a large bowl, combine the **Dijon mustard**, **white wine vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper** and mix well. Add the **shredded cabbage mix**, **apple** and remaining **carrot** and toss to combine.

6



## Serve up

Finely chop the **chives**. Divide the jacket potatoes between plates and top with spiced beans, **shredded Cheddar cheese**, **sour cream** and chives. Serve with the slaw.

## Enjoy!