



Cheat's Loaded Veggie Jacket Potatoes

with Spiced Beans & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Butter Beans



All-American Spice Blend



Tomato Paste



Apple



Spring Onion



Vegetable Stock Pot



Dijon Mustard



Slaw Mix Mix



Shredded Cheddar Cheese



Light Sour Cream



Beef Mince

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

We've loaded up perfectly baked potatoes with mildly spiced butter beans and all the best toppings, including a good sprinkle of cheese. Complete with our apple-adorned slaw for some crunch and sweetness, this vegetarian meal will see everyone asking for seconds.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
garlic	2 cloves	4 cloves
carrot	1	2
butter beans	1 tin	2 tins
All-American spice blend	1 medium sachet	1 large sachet
vegetable stock pot	1 packet (20g)	1 packet (40g)
water*	¾ cup	1½ cups
tomato paste	1 packet	1 packet
apple	½	1
Dijon mustard	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
slaw mix	1 small bag	1 large bag
spring onion	1 stem	2 stems
shredded Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
beef mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipea Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2743kJ (656Cal)	371kJ (89Cal)
Protein (g)	26.9g	3.6g
Fat, total (g)	23.5g	3.2g
- saturated (g)	11.1g	1.5g
Carbohydrate (g)	76.2g	10.3g
- sugars (g)	25.9g	3.5g
Sodium (mg)	2016mg	272mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3688kJ (881Cal)	426kJ (102Cal)
Protein (g)	54.4g	6.3g
Fat, total (g)	36.3g	4.2g
- saturated (g)	16.7g	1.9g
Carbohydrate (g)	76.2g	8.8g
- sugars (g)	25.9g	3g
Sodium (mg)	2091mg	242mg

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

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1



Cook the potato

- Preheat oven to **200°C/180°C fan-forced**.
- Cut each **potato** in half and prick all over with a fork. Place cut-side down on a plate, then microwave on high until just softened, **10-12 minutes**.
- Transfer to a lined oven tray, cut-side down. Drizzle with **olive oil** and season with the **salt** and a pinch of **pepper**.
- Bake on top rack 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.

4



Make it saucy

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

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Grate **carrot**.
- Drain and rinse **butter beans**.

Custom Recipe: If you added beef mince, use only 1/2 the butter beans.

5



Make the slaw

- While the bean mixture is simmering, slice **apple** (see ingredients) into thin sticks.
- In a large bowl, combine **Dijon mustard** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste, then mix well.
- Add **apple**, **slaw mix** and remaining **carrot**. Toss to combine.

3



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook 1/2 the **carrot**, stirring, until softened, **4-5 minutes**.
- **SPICY!** The **spice blend** is mild, but use less if you're sensitive to heat. Add **garlic**, **All-American spice blend** and **beans** and cook until fragrant, **1 minute**.

Custom Recipe: Cook beef mince with carrot, breaking up mince with a spoon, 4-5 minutes. Continue with the step, as above.

TIP: For best results, drain the oil from the pan before adding the garlic and spice blend.

6



Serve up

- Finely chop **spring onion**. Divide jacket potatoes between plates.
- Load potatoes up with spiced beans, **shredded Cheddar cheese**, **light sour cream** and a sprinkle of spring onion.
- Serve with slaw. Enjoy!

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