



# Cheat's Loaded Veggie Jacket Potatoes

with Spiced Beans, Sour Cream & Chives

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Butter Beans



All-American Spice Blend



Tomato Paste



Apple



Chives



Vegetable Stock Pot



Dijon Mustard



Shredded Cabbage Mix



Shredded Cheddar Cheese



Light Sour Cream



Beef Mince

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

Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*

We've loaded up perfectly baked potatoes with mildly spiced butter beans and all the best toppings, including a generous sprinkle of cheese. Complete with our apple-adorned slaw for some crunch and a touch of sweetness, this is the kind of vegetarian meal that 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
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
<b>salt*</b>	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)	2 packets (40g)
<b>water*</b>	¾ cup	1½ cups
tomato paste	1 packet	1 packet
apple	½	1
Dijon mustard	1 packet	2 packets
<b>white wine vinegar*</b>	drizzle	drizzle
shredded cabbage mix	1 medium bag	1 large bag
chives	1 bag	1 bag
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 Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2546kJ (609Cal)	346kJ (83Cal)
Protein (g)	25.5g	3.5g
Fat, total (g)	21.4g	2.9g
- saturated (g)	9.4g	1.3g
Carbohydrate (g)	72.8g	9.9g
- sugars (g)	27.6g	3.8g
Sodium (mg)	1982mg	270mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3491kJ (834Cal)	406kJ (97Cal)
Protein (g)	53g	6.2g
Fat, total (g)	34.2g	4g
- saturated (g)	14.9g	1.7g
Carbohydrate (g)	72.8g	8.5g
- sugars (g)	27.6g	3.2g
Sodium (mg)	2058mg	239mg

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](https://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



## 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.



## 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.



## Get prepped

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

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



## 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**, **shredded cabbage mix** and remaining **carrot**. Toss to combine.



## 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, stirring, until fragrant, **1 minute**.

**Custom Recipe:** Cook beef mince with carrot, breaking up mince with a spoon, 4-5 minutes. Drain the oil from the pan and continue with step as above.



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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