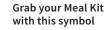


Cheat's Loaded Veggie Jacket Potatoes with Spiced Beans, Sour Cream & Chives

CLIMATE SUPERSTAR















Butter Beans



Carrot

All-American



Spice Blend

Tomato Paste





Apple





Vegetable Stock Dijon Mustard







Shredded Cabbage

Shredded Cheddar Cheese





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

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*	1/4 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)
water*	¾ cup	1½ cups
tomato paste	1 packet	1 packet
apple	1/2	1
Dijon mustard	1 packet	2 packets
white wine vinegar*	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
Overtone Desires		

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 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.



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.



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.



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.



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.



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!

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate