



# Mexican Lentil Jacket Potatoes

with Garden Salad, Cheddar & Sour Cream

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Carrot



Sweetcorn



Lentils



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Mixed Salad Leaves



Shredded Cheddar Cheese



Light Sour Cream



Beef Mince

Prep in: 20-30 mins  
Ready in: 50-60 mins  
Calorie Smart\*

Naturally Gluten-Free  
*Not suitable for coeliacs*

Give hearty lentils a boost of flavour by cooking them with a good dose of garlic, plus juicy sweetcorn and our crowd-pleasing Tex-Mex spice blend. The result is your new favourite filling for jacket potatoes. Comfort on a plate!

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

### Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

\*Custom Recipe is not Calorie Smart

## 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	2	4
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
lentils	1 tin	2 tins
Tex-Mex spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	½ cup	1 cup
<b>brown sugar*</b>	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
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)	2625kJ (627Cal)	593kJ (142Cal)
Protein (g)	19.5g	4.4g
Fat, total (g)	23.3g	5.3g
- saturated (g)	5.2g	1.2g
Carbohydrate (g)	89.3g	20.2g
- sugars (g)	20.7g	4.7g
Sodium (mg)	1133mg	256mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3572kJ (854Cal)	422kJ (101Cal)
Protein (g)	55.5g	6.6g
Fat, total (g)	36g	4.3g
- saturated (g)	16.8g	2g
Carbohydrate (g)	70g	8.3g
- sugars (g)	19.3g	2.3g
Sodium (mg)	1828mg	216mg

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



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## Roast the jacket potatoes

- Preheat oven to **200°C/180°C fan-forced**. Cut each **potato** in half.
- Place each halved **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Arrange cut-side down.
- Roast until crisp and tender, **40-45 minutes**.

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## Finish the filling

- Stir in **lentils**, **vegetable stock powder**, the **water** and the **brown sugar**. Simmer until slightly reduced, **2-3 minutes**.
- Season to taste, then remove from heat.

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## Get prepped

- Meanwhile, finely chop **garlic**. Roughly chop **tomato**. Grate the **carrot**.
- Drain the **sweetcorn**. Drain and rinse **lentils**.

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## Toss the salad

- Just before serving, combine **mixed salad leaves**, **tomato** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl.
- Season to taste.

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## Start the filling

- When the potatoes have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **sweetcorn**, stirring, until just tender, **3-4 minutes**.
- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **Tex-Mex spice blend**, **tomato paste** and **garlic** and cook, stirring, until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added beef mince, before cooking the carrot and sweetcorn, heat pan with olive oil as above. Cook beef mince, breaking up with a spoon, until browned, 3-4 minutes. Drain oil from pan, then add carrot and sweetcorn. Continue as above.

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## Serve up

- Divide jacket potatoes and garden salad between plates.
- Top potatoes with Mexican lentils, **shredded Cheddar cheese** and **light sour cream** to serve. Enjoy!

## Rate your recipe

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