



# Plant-Based Mexican 'Beef' Jacket Potatoes

with Charred Corn Salad & 'Aioli'

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your Meal Kit with this symbol



Potato



Corn



Brown Onion



Garlic



Cucumber



Carrot



Mexican Fiesta Spice Blend



Tomato Paste



Mixed Salad Leaves



Plant-Based Slow Braised Meat



Plant-Based Aioli

Prep in: 20-30 mins  
Ready in: 45-55 mins

Plant Based

Tender, Tex-Mex spiced braised 'beef' takes these hearty jacket potatoes to the next level in this 100% plant-based recipe - a treat for Meatless Monday, or any night of the week.

### Pantry items

Olive Oil, Plant-Based Butter, 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
corn	1 cob	2 cobs
brown onion	1	2
garlic	2 cloves	4 cloves
plant-based slow braised meat	1 packet	2 packets
cucumber	1	2
carrot	1	2
<b>plant-based butter*</b>	20g	40g
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	1 packet
<b>water*</b>	1/3 cup	2/3 cup
mixed salad leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based aioli	1 medium packet	1 large packet

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3126kJ (747Cal)	403kJ (96Cal)
Protein (g)	22.8g	2.9g
Fat, total (g)	42.1g	5.4g
- saturated (g)	19.4g	2.5g
Carbohydrate (g)	75.3g	9.7g
- sugars (g)	27.1g	3.5g
Sodium (mg)	1179mg	152mg

The quantities provided above are averages only.

## Allergens

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

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2022 | CW51



## Bake the potatoes

- See 'air fryer tips' (below). Preheat the oven to **200°C/180°C fan-forced**. Cut each **potato** in half, then transfer, cut-side down, to a lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Bake until crisp and tender, **40-45 minutes**.



## Cook the plant-based beef

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. When the potatoes have **10 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **onion** and **plant-based slow braised meat**, tossing, until slightly softened, **4-5 minutes**.
- Add **garlic**, **plant-based butter**, **Mexican Fiesta spice blend** and **tomato paste** and cook until fragrant and slightly thickened, **1-2 minutes**. Remove from the heat, then add the **water** and stir until combined. Season to taste.

### Use an air fryer!

1. Set your air fryer to 200°C. Prep and season potato as above.
2. Place potatoes evenly into air fryer basket, cut-side down, and cook until golden and tender for 20-25 minutes.



## Get prepped

- While the potatoes are baking, slice the kernels off the **corn cob**. Thinly slice **brown onion**. Finely chop **garlic**. Roughly chop **plant-based slow braised meat**. Thinly slice **cucumber** into rounds. Grate **carrot**.



## Toss the salad

- To the bowl with the **corn**, add **mixed salad leaves**, **cucumber**, **carrot** and a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**. Toss to combine.



## Char the corn

- Heat a large frying pan over a high heat. Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl.

**TIP:** Cover the pan with a lid if the kernels are "popping" out.



## Serve up

- Divide the jacket potatoes between plates. Top with the Mexican plant-based beef.
- Serve with the charred corn salad and **plant-based aioli**. Enjoy!



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