HELLO FRESH

Plant-Based Bacon & Beans Loaded Jacket Potatoes
with Plant-Based Aioli & Garden Salad

NEW

Potato

Tomato

Garlic

Carrot

Black Beans

Plant-Based Bacon Bits

Nan's Special Seasoning

Passata

Mixed Salad Leaves

Plant-Based Aioli

Plant-Based Bacon Bits

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

Plant Based

For the plant-based lover in all of us, dive into this tasty number with some serious dinner-time staples (black beans, plant-based bacon, potato and salad to be precise!). These loaded jacket potatoes are taken to the next level with a drizzle of plant-based aioli and when paired with a bright garden salad, you'll be smiling from ear to ear.

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
tomato	1	2
garlic	2 cloves	4 cloves
carrot	1	2
black beans	1 packet	2 packets
plant-based bacon bits	1 packet (90g)	2 packets (180g)
Nan's special seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
*water**	⅓ cup	⅔ cup
mixed salad leaves	1 small bag	1 medium bag
*vinegar** *(white wine or rice wine)*	drizzle	drizzle
plant-based aioli	1 packet	2 packets
plant-based bacon bits**	1 packet (90g)	2 packets (180g)

**Pantry Items* ****Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2828kJ (676Cal)	343kJ (82Cal)
Protein (g)	38.8g	4.7g
Fat, total (g)	21.9g	2.7g
- saturated (g)	1.8g	0.2g
Carbohydrate (g)	72.5g	8.8g
- sugars (g)	18.6g	2.3g
Sodium (mg)	1451mg	176mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3198kJ (764Cal)	367kJ (88Cal)
Protein (g)	51.2g	5.9g
Fat, total (g)	25g	2.9g
- saturated (g)	2g	0.2g
Carbohydrate (g)	74.6g	8.6g
- sugars (g)	18.9g	2.2g
Sodium (mg)	1914mg	220mg

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.

1 — Bake the jacket potato

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

2 — Get prepped

- Meanwhile, cut **tomato** into wedges and transfer to a medium bowl.
- Finely chop **garlic**.
- Grate **carrot**.
- Drain and rinse **black beans**.

3 — Cook the plant-based bacon

- When potatoes have **20 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **plant-based bacon bits**, tossing, until browned, **3-4 minutes**. Transfer to a bowl and set aside.

Custom Recipe: If you've doubled your plant-based bacon bits, cook for an extra 2-3 minutes, then continue as above.

4 — Make the topping

- Return pan to medium heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until tender, **2-3 minutes**.
- Add **Nan's special seasoning** and **garlic**, and cook until fragrant, **1-2 minutes**.
- Stir in **passata**, the **water** and **black beans** and cook until slightly reduced, **1-2 minutes**.
- Remove from heat then stir through cooked **bacon bits**. Season to taste.

5 — Toss the salad

- Meanwhile, to the bowl with tomato, add **mixed salad leaves** and a drizzle of the **vinegar** and **olive oil**.
- Toss to coat and season to taste.

6 — Serve up

- Divide jacket potatoes between plates.
- Top with plant-based bacon and black bean topping.
- Drizzle with **plant-based aioli** and serve with garden salad. Enjoy!