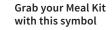
Mexican Lentil Jacket Potatoes

with Garden Salad, Cheddar & Sour Cream

CLIMATE SUPERSTAR















Carrot





Corn Kernels





Spice Blend

Tomato Paste







Vegetable Stock Powder





Light Sour



Cheddar Cheese



Pantry items

Olive Oil, Brown Sugar, White Wine Vinegar

Prep in: 20-30 mins Ready in: 50-60 mins

Calorie Smart* *Custom Recipe is not Calorie Smart 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 topping for jacket potatoes. Comfort on a plate!

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
garlic	2 cloves	4 cloves		
tomato	1	2		
carrot	1	2		
corn kernels	1 small tin	2 small tins		
lentils	1 packet	2 packets		
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		
water*	½ cup	1 cup		
brown sugar*	1 tsp	2 tsp		
mixed salad leaves	1 small bag	1 medium bag		
white wine vinegar*	drizzle	drizzle		
light sour cream	1 medium packet	1 large packet		
Cheddar cheese	1 medium packet	1 large packet		
beef mince**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2485kJ (594Cal)	368kJ (88Cal)
Protein (g)	31.1g	4.6g
Fat, total (g)	21g	3.1g
- saturated (g)	9.6g	1.4g
Carbohydrate (g)	62.9g	9.3g
- sugars (g)	18.4g	2.7g
Sodium (mg)	1467mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3431kJ (820Cal)	428kJ (102Cal)
Protein (g)	58.7g	7.3g
Fat, total (g)	33.8g	4.2g
- saturated (g)	15.2g	1.9g
Carbohydrate (g)	62.9g	7.9g
- sugars (g)	18.4g	2.3g
Sodium (mg)	1541mg	192mg

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





Roast the 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 cut-side down.
- Roast until crisp and tender, **40-45 minutes**.



Get prepped

- Meanwhile, finely chop garlic.
- · Roughly chop tomato.
- Grate carrot.
- · Drain corn kernels.
- · Drain and rinse lentils.



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 corn, 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 corn. Continue as above.



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.



Toss the salad

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



Serve up

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