



Mexican Lentil Jacket Potatoes

with Garden Salad, Cheddar & Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Carrot



Sweetcorn



Brown Lentils



Tex-Mex Spice Blend



Tomato Paste



Vegetable Stock Powder



Mixed Salad Leaves



Light Sour Cream



Cheddar Cheese



Beef Mince

Prep in: 20-30mins
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!

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

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
garlic	2 cloves	4 cloves
tomato	1	2
carrot	1	2
sweetcorn	1 medium tin	1 large tin
brown 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 packet	1 medium packet
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)	2712kJ (648Cal)	350kJ (84Cal)
Protein (g)	33.4g	4.3g
Fat, total (g)	21g	2.7g
- saturated (g)	9.6g	1.2g
Carbohydrate (g)	73.8g	9.5g
- sugars (g)	20.3g	2.6g
Sodium (mg)	1472mg	190mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3658kJ (874Cal)	406kJ (97Cal)
Protein (g)	61g	6.8g
Fat, total (g)	33.8g	3.8g
- saturated (g)	15.2g	1.7g
Carbohydrate (g)	73.8g	8.2g
- sugars (g)	20.3g	2.3g
Sodium (mg)	1546mg	172mg

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**.



Finish the filling

- Stir in **vegetable stock powder**, the **water** and **brown sugar**. Simmer until slightly reduced, **1-2 minutes**.
- Season to taste, then remove from heat.



Get prepped

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

Custom Recipe: If you've added beef mince, only drain and rinse half the lentils.



Toss the salad

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



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 **lentils**, **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: Before cooking the lentils, 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 lentils, carrot and corn. Continue as above.



Serve up

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

Custom Recipe: Top jacket potatoes with Mexican beef and lentils, light sour cream and Cheddar cheese to serve.

Rate your recipe

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