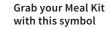
# Mexican Lentil Jacket Potatoes

with Garden Salad, Cheddar & Sour Cream

**CLIMATE SUPERSTAR** 















Tomato

Carrot





Sweetcorn

**Brown Lentils** 





Spice Blend

Tomato Paste

Vegetable Stock Powder

Mixed Salad Leaves





Light Sour Cream

Cheddar Cheese



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!



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  $\cdot$  Large frying pan

## Ingredients

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	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		

<sup>\*</sup>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.



# 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.



# 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.



# 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.



### 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.



# 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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate