



# Beef & Cheddar Loaded Spuds

with Apple Salad & Sour Cream

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Apple



Carrot



Mixed Salad Leaves



Beef Mince



All-American Spice Blend



Sweet & Savoury Glaze



Cheddar Cheese



Light Sour Cream



Diced Bacon

Prep in: 15-25 mins  
Ready in: 40-50 mins

Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*

Give the humble potato some love with this simple but satisfying recipe that tastes like home. Whipped up in four speedy steps, it's sure to become your go-to when you just want something comforting.

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

### Pantry items

Olive Oil, 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
apple	1	2
carrot	1	2
<b>white wine vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
<b>water*</b>	¼ cup	½ cup
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
diced bacon**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2639kJ (630Cal)	499kJ (119Cal)
Protein (g)	39.5g	7.5g
Fat, total (g)	31.6g	6g
- saturated (g)	14.7g	2.8g
Carbohydrate (g)	44.3g	8.4g
- sugars (g)	23.8g	4.5g
Sodium (mg)	822mg	155mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3027kJ (723Cal)	527kJ (125Cal)
Protein (g)	46.5g	8.1g
Fat, total (g)	38.4g	6.7g
- saturated (g)	17.2g	3g
Carbohydrate (g)	45.1g	7.9g
- sugars (g)	24.4g	4.2g
Sodium (mg)	1253mg	218mg

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](https://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



1



## Bake the potato

- Preheat oven to **200°C/180°C fan-forced**.
- Slice each **potato** in half.
- Place **potato** halves, cut-side down, on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Bake until crisp and tender, **30-35 minutes**.

3



## Cook the beef

- When the potato has **5 minutes** remaining, heat a large frying pan over high heat. Cook **beef mince** and **carrot**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Add **All-American spice blend** and cook until fragrant, **1 minute**.
- Reduce heat to medium. Add **sweet & savoury glaze** and the **water**. Stir to combine. Simmer until slightly thickened, **1-2 minutes**. Season to taste.

**TIP:** For best results, drain oil from the pan before adding the spice blend.

**Custom Recipe:** If you've added diced bacon, cook diced bacon with beef mince, breaking bacon up with a spoon, 5-6 minutes. Continue as above.

2



## Get prepped

- Meanwhile, thinly slice **apple**.
- Grate **carrot**.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**, then add **apple** and **mixed salad leaves**. Set aside.

**TIP:** Toss the salad just before serving to keep the leaves crisp!

4



## Serve up

- Toss apple salad to combine.
- Divide spuds between plates. Top with beef and **Cheddar cheese**.
- Serve with salad and a dollop of **light sour cream**. Enjoy!

**Custom Recipe:** Top spuds with beef, bacon and cheese to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)