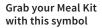


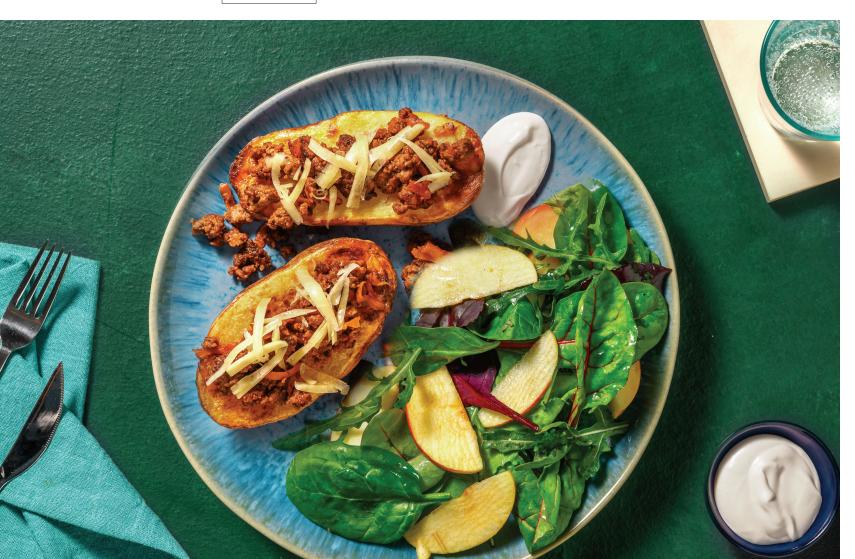
Beef & Cheddar Loaded Spuds

with Apple Salad & Sour Cream

KID FRIENDLY















Carrot



Mixed Salad

Leaves





All-American Spice Blend

Cheddar Cheese



Sweet & Savoury





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.

Pantry items

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

ingi calcine			
2 People	4 People		
refer to method	refer to method		
2	4		
1	2		
1	2		
drizzle	drizzle		
1 small packet	1 medium packet		
1 medium packet	2 medium packets OR 1 large packet		
1 medium sachet	1 large sachet		
1 medium packet	1 large packet		
½ cup	½ cup		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
	refer to method 2 1 1 drizzle 1 small packet 1 medium packet 1 medium sachet 1 medium packet ½ cup 1 medium packet 1 medium 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 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





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.



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.



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!



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.



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

