



Easy Pork & Thyme Loaded Spuds

with Cheddar Cheese & Tomato Salad

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Tomato



Thyme



Pork Mince



Tomato Paste



Nan's Special Seasoning



Sweet & Savoury Glaze



Chicken-Style Stock Powder



Mixed Salad Leaves



Cheddar Cheese



Beef Mince

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

Carb Smart

Load these jacket potatoes up high with a delicious pairing of sticky pork and thyme mixture, that works in perfect matrimony with a bright and light salad.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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	2	4
tomato	1	2
thyme	1 packet	1 packet
pork mince	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	½ cup	¾ cup
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
beef mince**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2299kJ (549Cal)	464kJ (111Cal)
Protein (g)	36.4g	7.3g
Fat, total (g)	26.4g	5.3g
- saturated (g)	10.2g	2.1g
Carbohydrate (g)	38.7g	7.8g
- sugars (g)	15.7g	3.2g
Sodium (mg)	1205mg	243mg
Dietary Fibre (g)	7.5g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	469kJ (112Cal)
Protein (g)	39.8g	8g
Fat, total (g)	25.4g	5.1g
- saturated (g)	10.7g	2.2g
Carbohydrate (g)	38.7g	7.8g
- sugars (g)	15.7g	3.2g
Sodium (mg)	1206mg	243mg
Dietary Fibre (g)	7.5g	1.5g

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://www.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 spuds

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **potato** in half.
- Place **potatoes** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Arrange cut-side down and roast until crisp and tender, **40-45 minutes**.



Add the flavourings

- Add **tomato paste**, **Nan's special seasoning** and **thyme** and cook until fragrant, **1 minute**.
- Stir in **sweet & savoury glaze**, **chicken-style stock powder** and the **water** and simmer until slightly reduced, **1 minute**. Season to taste.



Get prepped

- Meanwhile, thinly slice **tomato** into wedges.
- Pick **thyme** leaves.



Toss the salad

- While pork is cooking, in a medium bowl, combine **mixed salad leaves**, **tomato** and a drizzle of **vinegar** and **olive oil**. Season.



Cook the pork

- When potato has **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pork mince**, breaking up with a spoon, until just browned, **3-4 minutes**.

TIP: Drain excess oil from the pan at the end of this step for best results!

Custom Recipe: If you've swapped to beef mince, cook beef as above. Drain excess oil from the pan for best results.



Serve up

- Divide potatoes and tomato salad between plates.
- Top potato with pork and **Cheddar cheese** to serve. Enjoy!

Custom Recipe: Top potatoes with beef and Cheddar cheese to serve.

Rate your recipe

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