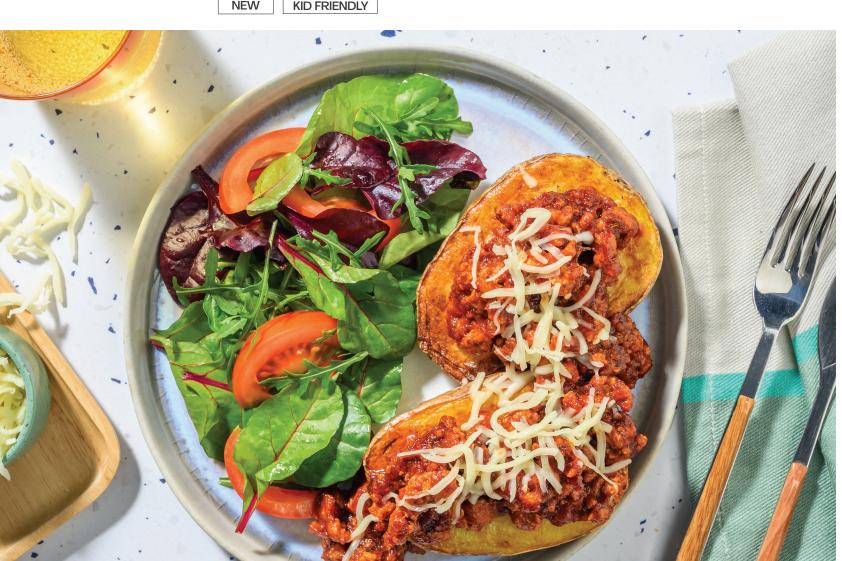
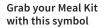


# Easy Pork & Thyme Loaded Spuds with Cheddar Cheese & Tomato Salad

NEW

KID FRIENDLY















Thyme

Pork Mince





Tomato Paste

Nan's Special Seasoning



Sweet & Savoury

Chicken-Style Stock Powder





Mixed Salad Leaves

Cheddar Cheese



**Pantry items** 

Olive Oil, Vinegar (White Wine or Balsamic)

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



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.

#### 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*	⅓ cup	⅔ 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

<sup>\*</sup>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	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 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
- · Arrange cut-side down and roast until crisp and tender, 40-45 minutes.



# Get prepped

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



# 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.



# 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.



#### 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.



#### 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.

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