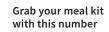


Loaded Pork Jacket Potatoes

with Sour Cream, Cheddar & Salad

KID FRIENDLY

AIR FRYER FRIENDLY











Potato



Carrot

Brown Onion





Pork Mince

Garlic Paste





Nan's Special Seasoning

Tomato Paste



Mixed Salad Leaves

Cheddar Cheese



Light Sour Cream





Prep in: 20-30 mins Ready in: 35-45 mins



Protein Rich

Here's how to cut the long baking time for taters in their jackets: halve them, then zap in the air fryer! Once cooked, pile them high with some flavour-packed mince, light sour cream and Cheddar cheese.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Air fryer or oven tray lined with baking paper \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
apple	1	2
carrot	1	2
brown onion	1/2	1
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 medium packet	1 large packet
water*	3/4 cup	1½ cups
salt*	1/4 tsp	½ tsp
balsamic vinegar*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
Cheddar cheese	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
*Pantry Items		

Nutrition

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Avg Qty	Per Serving	Per 100g	
Energy (kJ)	2992kJ (715cal)	276kJ (66cal)	
Protein (g)	40.8g	3.8g	
Fat, total (g)	33.7g	3.1g	
- saturated (g)	14.3g	1.3g	
Carbohydrate (g)	60.6g	5.6g	
- sugars (g)	29.8g	2.7g	
Sodium (mg)	1128mg	104mg	
Dietary Fibre (g)	12.8g	1.2g	

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.



Cook the jacket potatoes

- Set air fryer to 200°C.
- · Cut each potato in half.
- Place potato into the air fryer basket, cut-side down and cook until golden and tender,
 20-25 minutes.

TIP: No air fryer? Preheat oven to 200°C/180°C fan-forced. Place potatoes on a lined oven tray. Drizzle with olive oil, season with salt and turn to coat. Arrange potatoes cut-side down. Roast until crisp and tender, 40-45 minutes.



Get prepped

- Meanwhile, thinly slice apple into wedges.
- · Grate carrot.
- Thinly slice brown onion (see ingredients).

Little cooks: Older kids, help grate the carrot under adult supervision.



Cook the topping

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until tender, 2-3 minutes.
- Add onion and pork mince and cook, breaking up with a spoon, until cooked through,
 5-6 minutes.
- Add garlic paste and Nan's special seasoning and cook until fragrant, 1 minute.



Make it saucy

- Add tomato paste, the water and salt to the pan. Stir to combine.
- Reduce heat to medium-low, then simmer, stirring occasionally, until slightly thickened,
 4-5 minutes. Remove from heat.



Make the salad

- While the pork mixture is simmering, in a large bowl, combine a drizzle of the balsamic vinegar and olive oil.
- Season, then add mixed salad leaves and apple. Toss to coat.

Little cooks: Lend a hand by tossing the salad!



Serve up

- Divide jacket potatoes between plates.
- Top with pork, Cheddar cheese and light sour cream.
- · Serve with salad. Enjoy!

Little cooks: Show them how and help load the potatoes up with the toppings!









if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

