



Loaded Pork Jacket Potatoes

with Sour Cream, Cheddar & Salad

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Grab your meal kit with this number

1



Potato



Apple



Carrot



Brown Onion



Pork Mince



Garlic Paste



All-American Spice Blend



Vegetable Stock Pot



Tomato Paste



Mixed Salad Leaves



Cheddar Cheese Light Sour



Light Sour Cream



Beef Mince



Pork Mince

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
apple	1	2
carrot	1	2
brown onion	½	1
pork mince	1 medium packet	2 medium packets OR 1 large packet
garlic paste	1 packet	2 packets
All-American spice blend	1 medium sachet	1 large sachet
vegetable stock pot	½ packet	1 packet
tomato paste	1 medium packet	1 large packet
water*	¾ cup	1½ cups
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

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.

We're here to help!

Scan here if you have any questions or concerns

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Cook the jacket potatoes

- Set air fryer to **200°C**. Cut **potato** in half. Using a fork, prick holes all over **potato**.
- Place **potato** on a large microwave-safe plate. Splash with water and cover with a damp paper towel. Microwave **potato** on high, until slightly tender, **5 minutes**.
- Remove paper towel, drizzle with **olive oil** and a good pinch of **salt**, tossing to coat.
- Place **potato** into the air fryer basket, cut-side down and cook until golden and tender, **15-20 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.



Make it saucy

- Add **vegetable stock pot** (see ingredients), **tomato paste** and the **water**. Stir to combine.
- Reduce heat to medium-low, then simmer, stirring occasionally, until slightly thickened, **4-5 minutes**. Remove from heat.



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.



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!



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 **All-American spice blend** and cook until fragrant, **1 minute**.

TIP: Drain excess oil from the pan after cooking the pork mince, for best results!



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!

CUSTOM OPTIONS

SWAP TO BEEF MINCE
Follow method above.

DOUBLE PORK MINCE
Follow method above, cooking in batches if necessary.

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

