

Cheesy Lamb Jacket Potatoes

with Apple Salad & Jalapeños

NEW

Grab your meal kit with this number

40



Potato



Spring Onion



Apple



Carrot



Lamb Mince



All-American Spice Blend



Sweet & Savoury Glaze



Mixed Salad Leaves



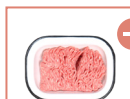
Pickled Jalapeños (Optional)



Cheddar Cheese



Light Sour Cream



Lamb Mince



Beef Mince

Prep in: 15-25 mins
Ready in: 40-50 mins

 Protein Rich

 Calorie Smart

By now, you know we love a loaded jacket potato, but this one is extra special because of the All-American spiced lamb mince. Pair these saucy spuds with a fresh apple salad to cut through the richness and add some jalapeños for an extra kick!

Pantry items

Olive Oil

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

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
spring onion	1 stem	2 stems
apple	1	2
carrot	1	2
lamb mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
pickled jalapeños 🌶️ (optional)	1 medium packet	1 large 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)	2825kJ (675cal)	323kJ (77cal)
Protein (g)	36g	4.1g
Fat, total (g)	38.8g	4.4g
- saturated (g)	11.8g	1.3g
Carbohydrate (g)	43.3g	4.9g
- sugars (g)	22.6g	2.6g
Sodium (mg)	872mg	99.7mg
Dietary Fibre (g)	7.5g	0.9g

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.



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 lamb

- When the potato has **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **lamb 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 **sweet & savoury glaze** and cook until fragrant, **1 minute**.
- Meanwhile in a medium bowl, combine **mixed salad leaves** and **apple**. Season to taste with **salt** and **pepper**, then toss to combine.

TIP: For best results, drain the oil from the pan before adding the spice blend.



Get prepped

- While the potato is baking, thinly slice **spring onion**.
- Slice **apple** into thin wedges.
- Grate **carrot**.



Serve up

- Divide jacket potatoes between plates. Top with lamb, **pickled jalapeños** (if using), **Cheddar cheese** and **light sour cream**.
- Sprinkle with spring onion and serve with apple salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW43



CUSTOM OPTIONS



DOUBLE LAMB MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

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

