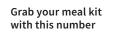


Cheat's Loaded Veggie Jacket Potatoes

with Spiced Beans & Sour Cream

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR













Capsicum





All-American Spice Blend



Snacking Tomatoes

Mixed Salad Leaves





Cheddar Cheese





Prep in: 30-40 mins Ready in: 35-45 mins



We've loaded up perfectly baked potatoes with mildly spiced cannellini beans and all the best toppings, including a generous sprinkle of cheese. Complete the dish with a colourful cherry tomato salad and a dollop of sour cream, this is the kind of vegetarian meal that will see everyone asking for seconds.

Pantry items

Olive Oil, White Wine Vinegar, Brown Sugar, Butter

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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	3	6	
garlic	2 cloves	4 cloves	
capsicum	1	2	
cannellini beans	1 packet	2 packets	
All-American spice blend	1 medium sachet	1 large sachet	
passata	1 packet	2 packets	
brown sugar*	1 tsp	2 tsp	
butter*	20g	40g	
snacking tomatoes	1 packet	2 packets	
mixed salad leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
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)	2638kJ (630cal)	221kJ (53cal)
Protein (g)	23.1g	1.9g
Fat, total (g)	27.8g	2.3g
- saturated (g)	14.7g	1.2g
Carbohydrate (g)	64.9g	5.4g
- sugars (g)	21.2g	1.8g
Sodium (mg)	1124mg	94.4mg
Dietary Fibre (g)	18.1g	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.



Cook the potato

- Set air fryer to 200°C.
- Cut potato in half. Prick holes in potato using a fork
- 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 and drizzle potato 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°/180°C fan-forced. Prepare potato as above and cook, on a lined oven tray, until crisp and tender, 40-45 minutes.



Make it saucy

- Add passata, the brown sugar, butter and a splash of water, stirring to combine.
- Reduce heat to medium-low and simmer until slightly thickened, 4-5 minutes.



Get prepped

- · Meanwhile, finely chop garlic.
- · Roughly chop capsicum.
- · Drain and rinse cannellini beans.



Cook the spiced beans

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook capsicum and cannellini beans, stirring, until softened, 3-4 minutes.
- SPICY! The spice blend is mild, but use less if you're sensitive to heat. Add garlic, All-American spice blend, then cook until fragrant, 1 minute.



Make the salad

- While the bean mixture is simmering, halve snacking tomatoes.
- In a large bowl combine snacking tomatoes, mixed salad leaves and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

- Divide jacket potatoes between plates.
- Load cheat's potatoes up with spiced beans, **Cheddar cheese** and **light sour cream**.
- Serve with salad. Enjoy!





ADD PORK MINCE

Before cooking sauce, cook pork mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

