



Loaded Beef & Bacon Jacket Potatoes

with Sour Cream & Apple Salad

KID FRIENDLY

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Grab your meal kit with this number

4



Potato



Brown Onion



Parsley



Beef Mince



Diced Bacon



Tomato Paste



All-American Spice Blend



Apple



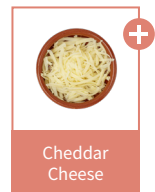
Spinach & Rocket Mix



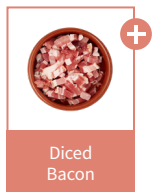
Cheddar Cheese



Light Sour Cream



Cheddar Cheese



Diced Bacon

Prep in: 20-30 mins
Ready in: 45-55 mins

The secret to nailing the cosiest jacket potatoes is baking them to crisp perfection before loading them up with all the good stuff: juicy, American-spiced beef and bacon, a healthy helping of Cheddar and of course, a dollop of sour cream.

Pantry items

Olive Oil, Brown Sugar, Vinegar (White Wine or Balsamic), Honey

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
brown onion	1	2
parsley	1 packet	1 packet
beef mince	1 medium packet	2 medium packets OR 1 large packet
diced bacon	1 medium packet	1 large packet
tomato paste	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
brown sugar*	½ tsp	1 tsp
water*	⅓ cup	⅔ cup
apple	1	2
honey*	drizzle	drizzle
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach & rocket mix	1 medium packet	2 medium packets
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)	3228kJ (430cal)	430kJ (57cal)
Protein (g)	51.1g	6.8g
Fat, total (g)	33.8g	4.5g
- saturated (g)	16.7g	2.2g
Carbohydrate (g)	62.9g	8.4g
- sugars (g)	33g	4.4g
Sodium (mg)	1061mg	141.5mg
Dietary Fibre (g)	11.5g	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.



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 **potato** with **olive oil** and a good pinch of **salt** and toss 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. Prepare potatoes as above. Place potato halves on a lined oven tray. Arrange cut-side down and roast until crisp and tender, 40-45 minutes.



Finish the mince

- To pan, add the **water**. Reduce heat to medium-low and simmer until slightly thickened, **5 minutes**.
- Season with **salt** and **pepper**.



Get prepped

- Meanwhile, finely chop **brown onion**.
- Roughly chop **parsley**.



Start the mixture

- When the potato has **15 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over high heat. Cook **onion**, stirring, until softened, **3-4 minutes**. Cook **beef mince** and **diced bacon**, breaking up with a spoon, until cooked through, **5-6 minutes**.
- Add **tomato paste**, **All-American spice blend** and the **brown sugar**, then cook until fragrant, **1 minute**.

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



Make the salad

- Meanwhile, thinly slice **apple**.
- In a large bowl, combine the **honey** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Add **apple** and **spinach & rocket mix**. Toss to coat.

Little cooks: Take the lead and toss the salad!



Serve up

- Divide jacket potatoes between plates.
- Top with beef and bacon mixture, **Cheddar cheese** and a dollop of **light sour cream**.
- Sprinkle with parsley and serve with salad. Enjoy!

Little cooks: Add the finishing touch by loading up the jacket potatoes!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS

+ DOUBLE CHEDDAR CHEESE
Follow method above.

+ DOUBLE DICED BACON
Follow method above.

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

