



# 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 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
<b>olive oil*</b>	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 medium packet	1 medium packet
tomato paste	1 medium packet	1 large packet
<b>water*</b>	¾ cup	1½ cups
<b>balsamic vinegar*</b>	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)	2987kJ (713Cal)	404kJ (96Cal)
Protein (g)	40.9g	5.5g
Fat, total (g)	33.5g	4.5g
- saturated (g)	14.3g	1.9g
Carbohydrate (g)	60.6g	8.2g
- sugars (g)	29.8g	4g
Sodium (mg)	1128mg	153mg
Dietary Fibre (g)	12.8g	1.7g

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](https://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 to taste, 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**, then cook until fragrant, **1 minute**.



## 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.

