



Easy Beef & Cheddar Jacket Potatoes

with Apple Salad & Garlic Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Apple



Carrot



Mixed Salad Leaves



Beef Mince



All-American Spice Blend



Sweet & Savoury Glaze



Shredded Cheddar Cheese



Garlic Aioli



Plant-Based Mince

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

Give the humble potato some love with this simple but satisfying recipe that tastes like home. Whipped up in four speedy steps it's sure to become your go-to when you just want something comforting.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

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
apple	1	2
carrot	1	2
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
beef mince	1 small packet	1 medium packet
All-American spice blend	1 medium sachet	1 large sachet
sweet & savoury glaze	1 medium packet	1 large packet
water*	¼ cup	½ cup
shredded Cheddar cheese	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet
plant-based mince**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3070kJ (734Cal)	539kJ (129Cal)
Protein (g)	39.2g	6.9g
Fat, total (g)	42.7g	7.5g
- saturated (g)	11.8g	2.1g
Carbohydrate (g)	45.3g	8g
- sugars (g)	24.6g	4.3g
Sodium (mg)	887mg	156mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2978kJ (712Cal)	547kJ (131Cal)
Protein (g)	27.6g	5.1g
Fat, total (g)	42.1g	7.7g
- saturated (g)	9.1g	1.7g
Carbohydrate (g)	50.8g	9.3g
- sugars (g)	25.7g	4.7g
Sodium (mg)	1410mg	259mg

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



1



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**.

3



Cook the beef

- When the potato has **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **beef 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 cook until fragrant, **1 minute**.
- Reduce heat to medium. Add **sweet & savoury glaze** and the **water**. Stir to combine. Simmer until slightly thickened, **1-2 minutes**. Season to taste.

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

Custom Recipe: If you've swapped to plant-based mince, cook plant-based mince in the same way as the beef mince.

2



Get prepped

- Meanwhile, thinly slice **apple**. Grate **carrot**.
- In a medium bowl, combine a drizzle of the **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**, then add **apple** and **mixed salad leaves**. Set aside.

TIP: Toss the salad just before serving to keep the leaves crisp!

4



Serve up

- Toss apple salad to combine.
- Divide jacket potatoes between plates. Top with beef and **shredded Cheddar cheese**.
- Serve with salad and **garlic aioli**. Enjoy!

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