



# American Campfire Bean Jacket Potatoes

with Plant-Based Mayo & Cucumber Salad

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Onion



Cucumber



Cannellini Beans



Sweetcorn



All-American Spice Blend



Tomato Paste



Vegetable Stock Powder



Onion Chutney



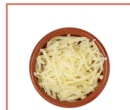
Mixed Salad Leaves



Plant-Based Mayo



Coriander



Shredded Cheddar Cheese

Prep in: 20-30 mins

Ready in: 45-55 mins

Plant Based\*

\*Custom Recipe is not Plant Based



Calorie Smart^

^Custom recipe is not Calorie Smart

Saddle up for a taste of the great outdoors with this plant-based delight! These spuds are stuffed to the brim with hearty cannellini beans and pops of sweetcorn, perfect for huddling around a warm campfire. Served with a crunchy cucumber salad and creamy plant-based mayo, you can't go wrong.

**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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
carrot	1	2
onion	½	1
cucumber	1 (medium)	1 (large)
cannellini beans	1 tin	2 tins
sweetcorn	½ large tin	1 large tin
All-American spice blend	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
onion chutney	1 medium packet	1 large packet
<b>water*</b>	¼ cup	½ cup
mixed salad leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
coriander	½ packet	1 packet
shredded Cheddar cheese**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2468kJ (590Cal)	326kJ (78Cal)
Protein (g)	20.1g	2.7g
Fat, total (g)	15.7g	2.1g
- saturated (g)	2.3g	0.3g
Carbohydrate (g)	88.1g	11.6g
- sugars (g)	36g	4.8g
Sodium (mg)	1783mg	235mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2826kJ (675Cal)	364kJ (87Cal)
Protein (g)	24.8g	3.2g
Fat, total (g)	23.2g	3g
- saturated (g)	6.8g	0.9g
Carbohydrate (g)	88.1g	11.3g
- sugars (g)	36g	4.6g
Sodium (mg)	1921mg	247mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/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



## Roast the potatoes

- Preheat oven to **200°C/180°C fan-forced**. Cut **potato** in half.
- Place **potato**, cut-side down, on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Arrange cut-side down and roast until crisp and tender, **40-45 minutes**.



## Finish the filling

- To the pan, add **cannellini beans**, **All-American spice blend**, **garlic** and **tomato paste** and cook until fragrant, **1 minute**.
- Add **vegetable stock powder**, **onion chutney** and the **water**. Cook, stirring, until well combined, **1-2 minutes**. Season with **pepper**.



## Get prepped

- Meanwhile, finely chop **garlic**, **carrot** and **onion** (see ingredients). Slice **cucumber** into rounds.
- Drain and rinse **cannellini beans**.
- Drain **sweetcorn** (see ingredients).



## Toss the salad

- Meanwhile, combine **mixed salad leaves**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.



## Start the filling

- When the potatoes have **20 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **onion** and **sweetcorn**, stirring, until softened, **6-7 minutes**.



## Serve up

- Divide jacket potatoes and cucumber salad between plates.
- Top with American cannellini beans and dollop with **plant-based mayo**. Tear over **coriander** (see ingredients) to serve. Enjoy!

**Custom Recipe:** If you've added shredded Cheddar cheese, sprinkle over jacket potatoes to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)