

Smokehouse Bean Jacket Potatoes

with Plant-Based Mayo & Cucumber Salad

Grab your meal kit with this number

40



Potato



Garlic



Carrot



Onion



Cucumber



Cannellini Beans



Sweetcorn



All-American Spice Blend



Tomato Paste



Vegetable Stock Powder



Onion Chutney



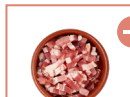
Mixed Salad Leaves



Plant-Based Mayo



Coriander



Diced Bacon



Shredded Cheddar Cheese

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

Calorie Smart

Plant Based

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.

Pantry items

Olive Oil, White Wine 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

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
garlic	2 cloves	4 cloves
carrot	1	2
onion	½	1
cucumber	1 (medium)	1 (large)
cannellini beans	1 tin	2 tins
sweetcorn	1 medium tin	1 large tin
all-American spice blend	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
onion chutney	½ large packet	1 large packet
water*	¼ cup	½ cup
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
plant-based mayo	1 medium packet	1 large packet
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2548kJ (609Cal)	317kJ (76Cal)
Protein (g)	20.6g	2.6g
Fat, total (g)	15.4g	1.9g
- saturated (g)	2g	0.2g
Carbohydrate (g)	89.4g	11.1g
- sugars (g)	33.8g	4.2g
Sodium (mg)	1996mg	248mg
Dietary Fibre (g)	29.4g	3.7g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the jacket 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**.

4



Finish the filling

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

2



Get prepped

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

5



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.

3



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**.

6



Serve up

- Divide jacket potatoes and salad between plates.
- Top potatoes with smokehouse beans and dollop with **plant-based mayo**. Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM OPTIONS

+ **ADD DICED BACON**
Cook bacon, breaking up with a spoon, 4-6 minutes.

+ **ADD SHREDDED CHEDDAR CHEESE**
Sprinkle over before serving.

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

