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## Jack-A-Potatoes with Saucy Beef Mince & Sour Cream

Scratching your head about the title of this recipe? Try saying jacket potato five times fast. One of our recipe developers has fond memories of this winter warmer, and of course we had to keep her family's name for it. Healthy and hearty in every bite - do yourself a favour and dig in!

 **Prep:** 15 mins  
**Cook:** 40 mins  
**Total:** 55 mins

 level 2

 nut free

 helping hands

### Pantry Items



Olive Oil



Water



Worcestershire Sauce



Red Onion



Beef Mince



Beef Stock



Tomato Paste



Potatoes



Parmesan Cheese



Light Sour Cream



Chives



Mixed Salad Leaves



Carrot



Cucumber

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QTY	Ingredients
1 tbs	olive oil *
1	red onion, finely chopped 
500 g	beef mince
1 cup	hot water *
1 cube	beef stock
1 tub	tomato paste
1 tbs	Worcestershire sauce (or salt-reduced soy sauce) *
1 kg	potatoes, unpeeled & chopped in half lengthways
½ block	Parmesan cheese, finely grated 
1 tub	light sour cream
2 tbs	finely chopped chives
1 bag	mixed salad leaves, washed
1	carrot, peeled & grated
1	cucumber, sliced in half lengthways & then into half moons

 Ingredients features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2300	Kj
Protein	37.2	g
Fat, total	23.4	g
-saturated	11.2	g
Carbohydrate	43.7	g
-sugars	10.9	g
Sodium	395	mg



**You will need:** *chef's knife, chopping board, box grater, vegetable peeler, wooden spoon, jug, fork, paper towel, tongs, large saucepan, microwave safe dish and a medium frying pan.*

**1** Preheat the oven to **220°C/200°C fan-forced**.

**2** Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the **red onion** and cook for **3 minutes** or until soft. Add the **beef mince** and cook, breaking up with a wooden spoon, for **5 minutes** or until browned. Combine the **hot water, beef stock, tomato paste** and **Worcestershire sauce** in a jug and add to the pan. Bring to the boil. Reduce the heat to medium-low, and simmer for **25 minutes** or until the sauce has thickened.



**3** Meanwhile, pierce the **potatoes** a couple of times with a fork on the cut side. Place the potatoes in a microwave-safe dish and cover with paper towel. Cook on high in the microwave for **5 minutes**, gently turn over, and return to the microwave for a further **3-4 minutes** or until soft when pricked with a fork. Season with **salt** and **pepper** and a drizzle of olive oil. Transfer the potato halves, cut side up, directly onto the wire racks in the oven and cook for **20-25 minutes** or until tender.

**Tip:** If you don't wish to use the microwave, place the potatoes in a large pot of water, cover with a lid and bring to the boil. Boil for **20 minutes**, uncovered, or until par-cooked. Then cook in the oven as instructed.



**4** To serve, divide the potato halves between plates and top with the warm mince mixture. Sprinkle with the **Parmesan cheese**, dollop with the **light sour cream** and garnish with the **chopped chives**. Serve with the a salad of **mixed leaves, carrot** and **cucumber**.



**Did you know?** The world's largest known potato, according to the Guinness Book of World Records, weighed in at approximately 3.5 kg!