



Mexican Beef Cheat's Loaded Jacket Potatoes

with Sour Cream & Salad

Grab your Meal Kit with this symbol 



-  Potato
-  Corn
-  Brown Onion
-  Carrot
-  Tomato
-  Beef Mince
-  Tex-Mex Spice Blend
-  Beef Stock
-  Tomato Paste
-  Mixed Salad Leaves
-  Shredded Cheddar Cheese
-  Sour Cream

 Hands-on: **30 mins**
 Ready in: **45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

Thought jacket potatoes were out of the running for weeknights? Not at all! You can cut the long baking time by halving them, then zapping in the microwave before they go in the oven. Here, we're loading them with spiced beef, sour cream and Cheddar.

Pantry items
 Olive Oil, Balsamic Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash too.

You will need

Oven tray lined with baking paper
Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	5
salt*	½ tsp
corn	1 cob
brown onion	1
carrot	1
tomato	1
beef mince	1 packet
Tex-Mex spice blend	1½ sachets
beef stock	1 cube
warm water*	¾ cup
tomato paste	1 sachet
balsamic vinegar*	2 tsp
honey*	½ tsp
mixed salad leaves	1 bag (120g)
shredded Cheddar cheese	1 packet (100g)
sour cream	1 packet (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2760kJ (660Cal)	419kJ (100Cal)
Protein (g)	46.2g	7.0g
Fat, total (g)	28.1g	4.3g
- saturated (g)	15.4g	2.3g
Carbohydrate (g)	51.3g	7.8g
- sugars (g)	13.6g	2.1g
Sodium (g)	1100mg	166mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the jacket potatoes

Preheat the oven to **200°C/180°C fan-forced**. Cut the **potatoes** (unpeeled) in half and prick all over with a fork. Place, cut-side down, on a plate and microwave on High until just softened, **10-12 minutes**. Transfer to an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and a **pinch** of **pepper**. Bake on the top oven rack until crisp, **15-20 minutes**.

TIP: If you don't have a microwave, bake the halved potatoes for a total of 30-35 minutes or until crisp and tender.



4. Make it saucy

Add **1** crumbled **beef stock cube**, the **warm water** and **tomato paste** to the mince mixture in the frying pan. Reduce the heat to medium-low and simmer until slightly thickened, **5 minutes**. Season to taste with **salt** and **pepper**.



2. Get prepped

While the potatoes are cooking, heat a large frying pan over a high heat. Slice the kernels off the **corn** cob. Add the **corn** kernels to the pan and cook, tossing occasionally, until golden and lightly charred, **4-5 minutes**. Transfer to a large bowl. While the corn is cooking, finely chop the **brown onion**. Grate the **carrot** (unpeeled). Roughly chop the **tomato**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



5. Make the salad

While the mince is simmering, to the bowl with the **corn**, add the **balsamic vinegar**, **honey**, **1 tbs** of **olive oil** and a **pinch** of **salt** and **pepper**. Stir to combine. Add the **tomato** and **mixed salad leaves** and toss to coat in the dressing.

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



3. Cook the mince

SPICY! This is a mild spice blend, but if you or the kids are extra sensitive to heat, feel free to add less. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **beef mince** and **carrot** and cook, breaking up with a spoon, until cooked through, **5-6 minutes**. Add **1 1/2 sachets** **Tex-Mex spice blend** and cook until fragrant, **1 minute**.



6. Serve up

Divide the jacket potatoes between plates and top with the Mexican beef mince, **shredded Cheddar cheese** and a dollop of **sour cream**. Serve with the salad.

Enjoy!