



Welsh Rarebit Jacky-P with Apple and Pecan Salad

Classic 40-45 Minutes

20



Baking Potato



Mature Cheddar
Cheese



Chives



Pecan Nut
Halves



Apple



Garlic Clove



Creme Fraiche



Vegetable Stock
Paste



Worcester Sauce



Wholegrain Mustard



Baby Leaf Mix



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, grater, saucepan, garlic press and bowl.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Mature Cheddar Cheese** 7)	60g	90g	120g
Chives**	1 bunch	1 bunch	1 bunch
Pecan Nut Halves 2)	25g	30g	40g
Apple**	1	1	2
Garlic Clove**	2	3	4
Creme Fraiche** 7)	150g	225g	300g
Vegetable Stock Paste 10)	10g	15g	20g
Worcester Sauce 13)	15g	23g	30g
Wholegrain Mustard 9)	17g	26g	34g
Baby Leaf Mix**	50g	75g	100g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	538g	100g	583g	100g
Energy (kJ/kcal)	3381/808	628/150	4209/1006	722/173
Fat (g)	49.6	9.2	65.9	11.3
Sat. Fat (g)	23.2	4.3	29.2	5.0
Carbohydrate (g)	77.4	14.4	78.8	13.5
Sugars (g)	21.3	4.0	21.5	3.7
Protein (g)	19.9	3.7	31.1	5.3
Salt (g)	4.35	0.81	6.94	1.19

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts 7) Milk 9) Mustard 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Bake the Potatoes

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **potatoes** lengthways and pop them onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

Rub the **oil** over the **potatoes**, then lay them cut-side down.

When the oven is hot, bake on the top shelf until tender and a knife slips in easily, 30-40 mins.



Dress to Impress

In a medium bowl, add the **sliced apple**, remaining **mustard**, **honey** and **olive oil for the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, then toss to combine. Set aside.



Get Prepped

Meanwhile, grate the **cheese**.

Finely chop the **chives** (use scissors if easier). Roughly chop the **pecans**.

Quarter, core and thinly slice the **apple** (no need to peel). Peel and grate the **garlic** (or use a garlic press).

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **garlic** and fry for 30 secs.

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan before the **garlic** and fry until it starts to brown, 3-4 mins, then add the **garlic** and continue as instructed.



Finishing Touches

When the **potatoes** are ready, reheat your **rarebit sauce**.

Remove the **potatoes** from the oven and use a fork to lightly mash a spoonful of **sauce** into the cut sides of the **potatoes**.

Toss the **baby leaf mix** with the **apple** and **honey dressing**.



Make your Rarebit Sauce

Stir the **creme fraiche**, **veg stock paste**, **Worcester sauce**, **water for the sauce** (see pantry for amount) and **two thirds** of the **wholegrain mustard** into the **garlic**. Simmer until thickened, 3-4 mins.

Stir through the **cheese** until melted. Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

Remove from the heat and set aside.



Serve Up

Share your **baked potatoes** between your plates. Spoon over the remaining **rarebit sauce**, then sprinkle over the **chives**.

Serve the **apple salad** alongside topped with a sprinkling of **pecans**.

Enjoy!