













# BBQ Cajun Jacky-P and Baby Leaves

with Soured Cream and Crispy Onions

Classic Air Fryer Friendly 35-40 Minutes • Medium Spice

9



-  Baking Potato
-  Beef Mince
-  Tomato Puree
-  Cajun Spice Mix
-  Beef Stock Paste
-  BBQ Sauce
-  Soured Cream
-  Crispy Onions
-  Baby Leaf
-  Mix Balsamic Glaze

**Pantry Items**  
Oil, Salt, Pepper, Sugar



## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Baking tray, saucepan and lid.

## Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Beef Mince**	240g	360g	480g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Beef Stock Paste	10g	15g	20g
BBQ Sauce	32g	48g	64g
Soured Cream** 7)	75g	120g	150g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets
Baby Leaf Mix**	20g	50g	50g
Balsamic Glaze 14)	12ml	18ml	24ml

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	572g	100g
Energy (kJ/kcal)	2997/716	524/125
Fat (g)	30.7	5.4
Sat. Fat (g)	14.4	2.5
Carbohydrate (g)	80.1	14.0
Sugars (g)	15.3	2.7
Protein (g)	35.6	6.2
Salt (g)	1.92	0.34

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

## Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

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, cereals containing 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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## Get Prepped

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**.



## Oven Time

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

Bake on the top shelf of your oven until tender and a knife slips in easily, 30-40 mins.



## Fry the Mince

Meanwhile, heat a drizzle of **oil** in a wide-bottomed saucepan (with a lid) on medium-high heat.

Once hot, add the **beef mince** and fry until browned, 2-3 mins. Use a spoon to break it up as it cooks.

**IMPORTANT:** Wash your hands and equipment after handling raw mince.

Once browned, drain and discard any excess fat. Season with **salt** and **pepper**.

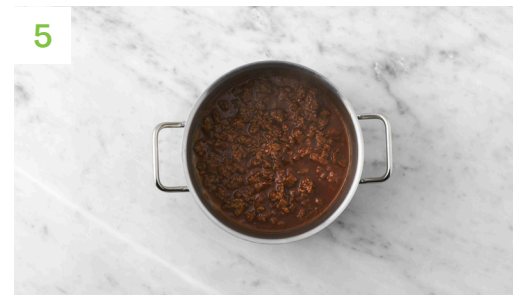


## Simmer your Chilli

Mix the **tomato puree**, **Cajun spice mix** (add less if you'd prefer things milder), **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the **beef mince**.

Bring up to the boil, cover the pan with a lid, then lower to a simmer.

Cook until thickened, 10-15 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.



## Finishing Touches

Once your **chilli** has thickened and the **mince** is cooked, stir through the **BBQ sauce**. Taste and season with **salt** and **pepper** if you feel it needs it.

Once the **potatoes** are ready, remove them from your oven.

Add a knob of **butter** (if you have any) to the cut sides of the **potatoes**. Roughly mash it into the potato with a fork.



## Serve Up

Share your **jacket potatoes** between your plates and top with the **Cajun beef mince**.

Finish with a dollop of **soured cream** and a sprinkle of the **crispy onions**.

Serve the **baby leaves** alongside finished with a drizzle of **balsamic glaze**.

Enjoy!

## Fancy using an air fryer?

If you'd like to use an air fryer, simply swap out the oven steps for the below:

1. Preheat your air fryer to 200°C. Prep, oil and season the **potatoes**.
2. Once hot, add them to the basket, cut-side up. Bake until tender and a knife easily slips through, 25-30 mins.