



# Homemade Beans and Cheddar Cheese Jacky-P with Roasted Garlic and Charred Corn Slaw

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day

19



Baking Potato



Sweetcorn



Butter Beans



Garlic Clove



Central American  
Style Spice Mix



Tomato Passata



Vegetable Stock  
Paste



Worcester Sauce



Mature Cheddar  
Cheese



Coleslaw Mix



Mayonnaise



Diced Chorizo

#### Pantry Items

Oil, Salt, Pepper, Sugar

#### 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. Ingredients in **red** are hot!

## Cooking tools

Baking tray, sieve, frying pan, bowl, garlic press, aluminium foil, kitchen scissors and grater.

## Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Sweetcorn	160g	160g	320g
Butter Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	4	4	6
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Worcester Sauce <b>13)</b>	15g	22g	30g
Mature Cheddar Cheese** <b>7)</b>	80g	120g	160g
Coleslaw Mix**	120g	120g	240g
Mayonnaise <b>8) 9)</b>	32g	48g	64g
Diced Chorizo**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>774g</b>	<b>100g</b>	<b>819g</b>	<b>100g</b>
Energy (kJ/kcal)	3028 / 724	391 / 93	3856 / 922	471 / 112
Fat (g)	22.3	2.9	38.5	4.7
Sat. Fat (g)	9.9	1.3	15.9	1.9
Carbohydrate (g)	99.8	12.9	101.2	12.4
Sugars (g)	22.8	2.9	23.1	2.8
Protein (g)	29.2	3.8	40.5	4.9
Salt (g)	4.20	0.54	6.79	0.83


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

## Allergens

**7)** Milk **8)** Egg **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, 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. Be careful when adding water to hot pans while cooking.

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## Bake your Potatoes

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

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

Rub the **oil** over the **potatoes** then lay them, cut-side down, on the baking tray. Bake on the top shelf of your oven until tender and a knife slips in easily, 30-40 mins.

Meanwhile, drain the **sweetcorn** in a sieve.

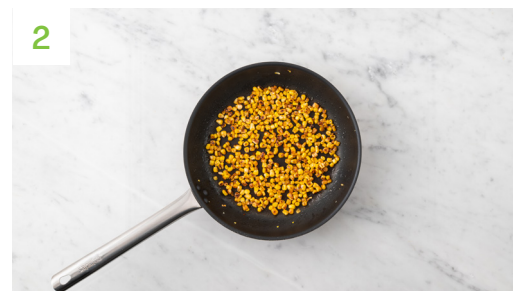


## Roast the Garlic

Pop the reserved **unpeeled garlic cloves** into a small piece of foil with a drizzle of **oil** and scrunch to enclose them.

Pop the **garlic parcel** on the **potato** baking tray and roast until softened, 8-10 mins.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.



## Char the Corn

Heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.

Once charred, transfer to a large bowl and set aside.

Meanwhile, drain and rinse the **butter beans** in a sieve. Peel and grate **half** the **garlic** (or use a garlic press). Leave the other **half** unpeeled and set aside for later.



## Make the Slaw

In the meantime, grate the **Cheddar cheese**.

Pop the **coleslaw mix** into the bowl with the **charred corn**. Add the **mayo** and **roasted garlic**, then season with **salt** and **pepper**. Mix to combine.

Once the **spicy beans** have thickened, taste and season with **salt** and **pepper** if needed. Remove from the heat.



## Cook the Spicy Beans

Clean out the (now empty) frying pan and pop it back on medium heat with a drizzle of **oil**.

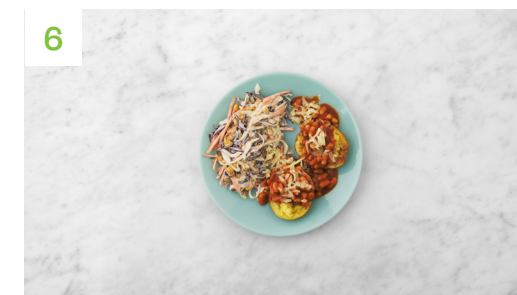
Once hot, add the **grated garlic** and **Central American style spice mix**. Stir-fry until fragrant, 1 min.

Stir in the **passata**, **beans**, **vegetable stock paste**, **Worcester sauce**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until slightly thickened, 3-4 mins.

## CUSTOM RECIPE

If you're adding **chorizo**, add it to the pan before the **garlic**. Fry until it starts to brown, 3-4 mins, then continue as instructed.



## Serve

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

Transfer the **Jacky-P's** to your plates and spoon over the **spicy beans** (reheat first if needed). Sprinkle over the **cheese**.

Serve the **charred corn slaw** alongside.

Enjoy!