



# Homemade Beans and Cheesy Jacky-P with Charred Corn Slaw

Pride Month Special 40-45 Minutes • Mild Spice • 2 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



Coleslaw Mix



Mayonnaise



Grated Hard Italian Style Cheese



Diced Chorizo

In collaboration with



This recipe is part of our partnership with akt. By choosing this recipe you're supporting LGBTQ+ young people aged 16-25 in the UK, who are experiencing homelessness or living in a hostile environment\*. Find out more at [akt.org.uk](http://akt.org.uk)

**Pantry Items**

Oil, Salt, Pepper, Sugar

**+ Add Diced Chorizo**

If you chose to add diced chorizo, 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 and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Sweetcorn	160g	225g	340g
Butter Beans	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
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
Coleslaw Mix**	120g	240g	240g
Mayonnaise <b>8</b> <b>9</b>	64g	128g	128g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	60g	80g	120g
Diced Chorizo**	90g	120g	180g
Pantry	2P	3P	4P
Sugar*	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
for uncooked ingredient	775g	100g	820g	100g
Energy (kJ/kcal)	2929 /700	378 /90	3758 /898	458 /109
Fat (g)	20.2	2.6	36.4	4.4
Sat. Fat (g)	6.7	0.9	12.8	1.6
Carbohydrate (g)	99.8	12.9	101.2	12.3
Sugars (g)	23.0	3.0	23.2	2.8
Protein (g)	28.3	3.7	39.5	4.8
Salt (g)	4.39	0.57	6.98	0.85

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, mollusc, 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.

**TIP:** Alternatively, if you have a microwave, you can speed things up. Halve the potatoes lengthways, then prick all over with a knife. Rub with a little oil and season with salt. Place cut-side down onto a plate, then microwave on high until tender, 15-18 mins.

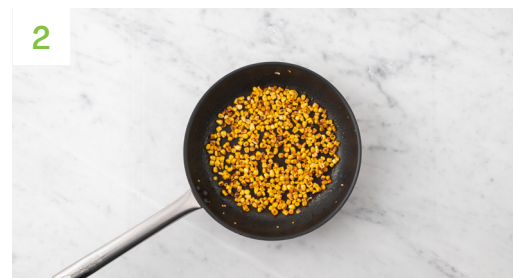


## Make the Slaw

Bring the **sauce** to the boil, then lower the heat and simmer until thickened slightly, 5-6 mins.

Meanwhile, add the **coleslaw** and **mayo** to the **charred corn** bowl. Season with **salt** and **pepper**.

Toss to combine, then set aside.



## Char the Corn

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

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 medium bowl and set aside.

Meanwhile, drain and rinse the **butter beans**. Peel and grate the **garlic** (or use a garlic press).



## Finishing Touches

Once the **spicy beans** have thickened, taste and season with **salt** and **pepper** if needed. Stir through **half** the **hard Italian style cheese** until melted.

Add a splash of **water** if it's a little thick. Remove from the heat. When the **potatoes** are ready, remove 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.



## Cook the Spicy Beans

When the **potatoes** have 10 mins remaining, clean out the (now empty) frying pan and pop it back on medium heat with a drizzle of **oil**.

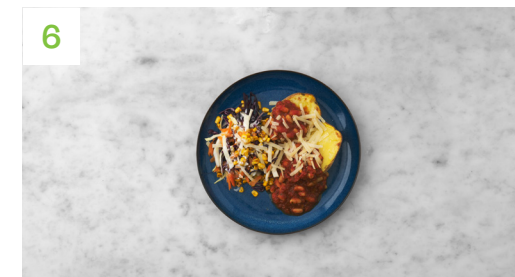
Once hot, add the **garlic** and **Central American style spice mix**. Cook until fragrant, 30 secs.

Stir in the **passata**, **butter beans**, **veg 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 thickened slightly, 5-6 mins.

## + Add Diced Chorizo

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



## Serve

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

Sprinkle over the remaining **cheese**.

Serve the **charred corn slaw** alongside.

**Enjoy!**

\*AKT Promotion relates to qualifying recipes only. For each recipe purchased between 3rd May and 28th June, HelloFresh will donate a portion of the proceeds to akt. Total donation will be capped at £10,000. HelloFresh pledges to donate the full £10,000 should the donation pledge not be met at the end of the promotion period. akt registered charity number 1093815.