



Boston Bean and Cheese Loaded Jacky-P with Pickled Onion and Baby Leaves

42

Classic 40-45 Minutes • Medium Spice • 2 of your 5 a day



Baking Potato



Red Onion



Garlic Clove



Mature Cheddar Cheese



Cider Vinegar



Red Kidney Beans



Worcester Sauce



Tomato Passata



Chipotle Paste



Vegetable Stock Paste



Baby Leaf Mix



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

+ 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, garlic press, grater, sieve, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Red Onion	1	1	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	80g	120g	160g
Cider Vinegar 14)	15ml	15ml	30ml
Red Kidney Beans	1 carton	1½ cartons	2 cartons
Worcester Sauce 13)	15g	22g	30g
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	40g	40g
Vegetable Stock Paste	10g	15g	20g
Baby Leaf Mix**	50g	75g	100g
Diced Chorizo**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	833g	100g	878g	100g
Energy (kJ/kcal)	3199 /765	384 /92	4027 /963	459 /110
Fat (g)	21.5	2.6	37.7	4.3
Sat. Fat (g)	10.2	1.2	16.2	1.8
Carbohydrate (g)	109.3	13.1	110.6	12.6
Sugars (g)	23.6	2.8	23.8	2.7
Protein (g)	35.5	4.3	46.8	5.3
Salt (g)	3.53	0.42	6.11	0.70

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, 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.

 You can recycle me!

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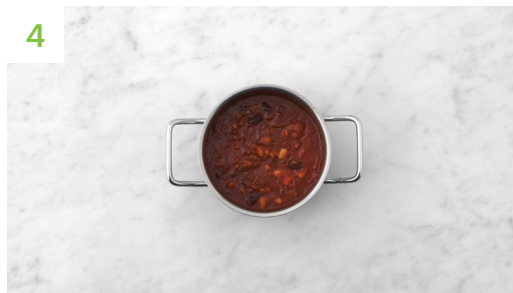
Bake the Potatoes

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, on the baking tray. Roast 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.



Simmer Time

Stir the **sugar** and **water for the sauce** (see pantry for both amounts) into the **beans**.

Bring to a boil, then reduce the heat and simmer until thickened, 8-10 mins.

Once cooked, remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it. Add a splash of **water** if a little too thick.



Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion**.

Peel and grate the **garlic** (or use a garlic press). Grate the **cheese**.

Drain and rinse the **kidney beans** in a sieve.

Pop **half** the **sliced onion** into a small bowl with the **cider vinegar** and **sugar for the pickle** (see pantry for amount). Add a pinch of **salt**, mix together, then set aside.



Load your Spuds

Once the **potatoes** are cooked, fluff up their insides using a fork and add a knob of **butter** if you'd like.

Top with the **Boston beans**, **cheese** and **pickled onion** (leave the **pickling liquid** in the bowl - you'll need it for the **salad dressing**).



Cook the Boston Beans

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

Once hot, add the remaining **red onion** to the pan and stir-fry until softened, 4-5 mins. Stir in the **garlic** and cook for 1 min.

Add the **kidney beans** and **Worcester sauce** to the pan. Allow the **Worcester sauce** to bubble away until evaporated, 30 secs, then stir in the **passata**, **chipotle paste** and **veg stock paste**.

+ Add Diced Chorizo

If you're adding **chorizo**, add it to the pan with the **onion**. Fry for the same amount of time, then continue as instructed.



Finish and Serve

Mix the **olive oil** (see pantry for amount) into the bowl of **pickling liquid**.

Add the **baby leaves** to the bowl. Toss to coat, then serve alongside your **Boston bean jacky-Ps**.

Enjoy!