



# Smoky Gochujang and BBQ Bean Jacky-P with Cheese and Sesame Slaw

Family 40-45 Minutes • Mild Spice • 1 of your 5 a day

42



Baking Potato



Garlic Clove



Red Kidney Beans



Mature Cheddar Cheese



Mayonnaise



Roasted White Sesame Seeds



Coleslaw Mix



Tomato Passata



Vegetable Stock Paste



Gochujang Paste



BBQ Sauce



British Smoked Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### + Add Bacon Lardons

If you chose to add bacon lardons, 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, aluminium foil, sieve, grater, kitchen scissors, bowl and saucepan.

## Ingredients

| Ingredients                    | 2P       | 3P         | 4P        |
|--------------------------------|----------|------------|-----------|
| Baking Potato                  | 2        | 3          | 4         |
| Garlic Clove**                 | 2        | 3          | 4         |
| Red Kidney Beans               | 1 carton | 1½ cartons | 2 cartons |
| Mature Cheddar Cheese** 7)     | 70g      | 110g       | 140g      |
| Mayonnaise 8) 9)               | 32g      | 48g        | 64g       |
| Roasted White Sesame Seeds 3)  | 5g       | 7g         | 10g       |
| Coleslaw Mix**                 | 120g     | 180g       | 240g      |
| Tomato Passata                 | 1 carton | 1½ cartons | 2 cartons |
| Vegetable Stock Paste          | 10g      | 15g        | 20g       |
| Gochujang Paste 11)            | 50g      | 80g        | 100g      |
| BBQ Sauce                      | 48g      | 80g        | 96g       |
| British Smoked Bacon Lardons** | 90g      | 120g       | 180g      |

| Pantry               | 2P    | 3P     | 4P    |
|----------------------|-------|--------|-------|
| Sugar for the Sauce* | 1 tsp | 1½ tsp | 2 tsp |
| Butter*              | 20g   | 30g    | 40g   |

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

## Nutrition

| Typical Values          | Per serving | Per 100g | Custom Recipe |          |
|-------------------------|-------------|----------|---------------|----------|
|                         |             |          | Per serving   | Per 100g |
| for uncooked ingredient | 780g        | 100g     | 825g          | 100g     |
| Energy (kJ/kcal)        | 3582 /856   | 460 /110 | 4070 /973     | 494 /118 |
| Fat (g)                 | 29.1        | 3.7      | 38.2          | 4.6      |
| Sat. Fat (g)            | 14.2        | 1.8      | 17.1          | 2.1      |
| Carbohydrate (g)        | 115.9       | 14.9     | 116.8         | 14.2     |
| Sugars (g)              | 24.9        | 3.2      | 25.0          | 3.0      |
| Protein (g)             | 34.8        | 4.5      | 42.5          | 5.1      |
| Salt (g)                | 5.10        | 0.65     | 6.33          | 0.77     |

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

3) Sesame 7) Milk 8) Egg 9) Mustard 11) Soya

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 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.

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



## Finish the Prep

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

Pop the **parcel** onto the **potato** baking tray and roast until soft, 10-12 mins.

While the **garlic** roasts, drain and rinse the **red kidney beans** in a sieve.

Grate the **cheese**.



## Make your Slaw

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

In a medium bowl, combine the **mayo**, **mashed garlic**, **sesame seeds** and **coleslaw mix**.

Season with **salt** and **pepper**, then set your **slaw** aside.



## Bring on the Beans

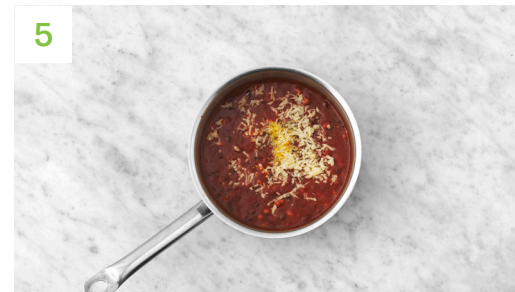
When the **potatoes** have 10 mins of baking time remaining, pop a large saucepan on medium-high heat.

Add the **red kidney beans**, **passata**, **vegetable stock paste**, **gochujang** and **sugar** (see pantry for amount).

Stir together and bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.

### + Add Bacon Lardons

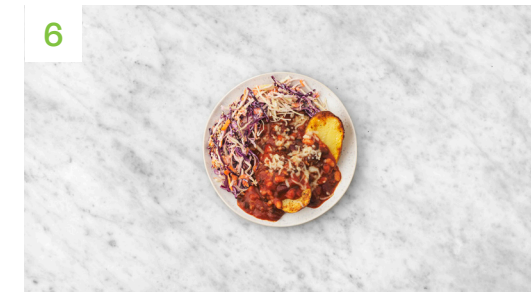
If you're adding **bacon**, add it to the pan before the **beans**. Heat a drizzle of **oil** in the pan on medium-high heat, then stir-fry, 4-5 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



## Finishing Touches

When the **sauce** has thickened, stir through the **BBQ sauce**, **butter** (see pantry for amount) and **half the cheese** until melted.

Season with **salt** and **pepper**.



## Serve Up

Share the **baked potatoes** between your plates, then spoon over the **beans**. Sprinkle with the **cheese**.

Serve the **sesame and roasted garlic slaw** alongside.

## Enjoy!