



Chipotle BBQ Bean Chilli Jacky-P with Cheese, Soured Cream and Slaw

Classic 40-45 Minutes • Medium Spice • 1 of your 5 a day

20



Potatoes



Red Kidney Beans



Tomato Passata



Chipotle Paste



Vegetable Stock Paste



Coleslaw Mix



Burger Sauce



Mature Cheddar Cheese



BBQ Sauce



Soured Cream



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, sieve, saucepan, lid, bowl and grater.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Kidney Beans	1 carton	2 cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste	10g	15g	20g
Coleslaw Mix**	120g	180g	240g
Burger Sauce 8) 9)	30g	45g	60g
Mature Cheddar Cheese** 7)	60g	80g	120g
BBQ Sauce	48g	64g	96g
Soured Cream** 7)	75g	150g	150g
British Smoked Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	50ml	75ml	100ml
Butter*	10g	20g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	733g	100g	778g	100g
Energy (kJ/kcal)	3274 / 783	447 / 107	3762 / 899	484 / 116
Fat (g)	30.3	4.1	39.4	5.1
Sat. Fat (g)	14.5	2.0	17.4	2.2
Carbohydrate (g)	96.3	13.1	97.2	12.5
Sugars (g)	20.2	2.8	20.3	2.6
Protein (g)	31.8	4.3	39.5	5.1
Salt (g)	3.59	0.49	4.82	0.62


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

Allergens

7) Milk **8)** Egg **9)** Mustard

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.

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 your Slaw

While the **chilli** cooks, in a medium bowl, combine the **coleslaw mix** and **burger sauce**. Season with **salt** and **pepper**, then set aside.

Grate the **Cheddar cheese**.



Bring on the Chilli

Meanwhile, drain and rinse the **kidney beans** in a sieve.

Heat a drizzle of **oil** in a large saucepan on medium heat.

Add the **passata**, **chipotle paste** (add less if you'd prefer things milder), **veg stock paste**, **kidney beans**, **sugar** and **water for the sauce** (see pantry for both amounts). Stir to combine.

+ Add Bacon Lardons

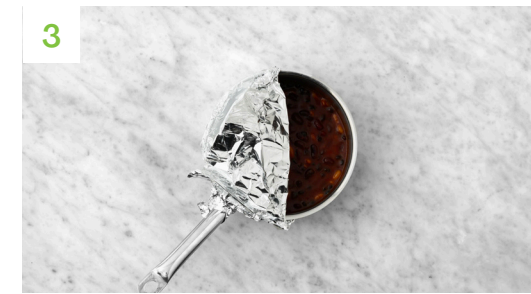
If you're adding **bacon**, add it to the pan before **chilli** ingredients on medium-high heat. Fry, 4-5 mins, then turn the heat down to medium and add the **chilli** ingredients. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook it thoroughly.



Bring on the BBQ

Once the **chilli** has thickened, remove from the heat and stir through the **BBQ sauce**. Season with **salt** and **pepper**, then set aside with the lid on to keep warm.

Reheat the **chilli** a few mins before the **jacky-Ps** are ready (if needed).



Simmer Time

Bring the **chilli** to the boil, then lower the heat.

Pop a lid on the pan (or cover with foil) and simmer until thickened, 7-9 mins.



Finish and Serve

Once the **jacky-Ps** are ready, remove from the oven and spread the **butter** over the cut side of the **potatoes** (see pantry for amount). Roughly mash it into each **potato** with a fork.

Share the **jacky-Ps** out between your plates. Spoon the **beans** over the **potatoes**.

Top with a dollop of **soured cream** and the **grated cheese**.

Serve the **slaw** alongside.

Enjoy!