



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

21

Classic 40-45 Minutes • Mild Spice • 4 of your 5 a day • Veggie



Baking Potato



Sweetcorn



Cannellini Beans



Garlic Clove



Central American  
Style Spice Mix



Tomato Passata



Vegetable Stock Paste



Worcester Sauce



Mature Cheddar  
Cheese



Coleslaw Mix



Mayonnaise

**Pantry Items**

Oil, Salt, Pepper, Sugar



## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Baking Potato	2	3	4
Sweetcorn	150g	150g	300g
Cannellini 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 (10)	10g	15g	20g
Worcester Sauce (13)	15g	22g	30g
Mature Cheddar Cheese** (7)	80g	120g	160g
Coleslaw Mix**	120g	120g	240g
Mayonnaise (8) (9)	32g	48g	64g
Pantry	2P	3P	4P
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
for uncooked ingredient	754g	100g
Energy (kJ/kcal)	3118 /745	413 /99
Fat (g)	21.9	2.9
Sat. Fat (g)	10.0	1.3
Carbohydrate (g)	104.8	13.9
Sugars (g)	23.1	3.1
Protein (g)	31.4	4.2
Salt (g)	4.34	0.57

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, 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.

## Contact

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

Pop the **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 large frying pan on high heat (no oil).

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, set aside.

Meanwhile, drain and rinse the **cannellini beans** in a sieve. Peel and grate **half** the **garlic** (or use a garlic press) - leave the other **half** unpeeled and reserve for later.



## Make the Slaw

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

Pop the **coleslaw mix** into the bowl with the **corn**. Add the **mayo**, season with **salt** and **pepper**, then mix together. Set aside. Once the **garlic** is ready, mix it into the **slaw**.

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 back on medium heat with a drizzle of **oil**.

Once hot, add the **grated garlic** and **Central American style spice mix** (add less if you'd prefer things milder). 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.



## Load up and Serve

Once 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 **baked potatoes** to your plates and spoon over the **spicy beans** (reheat first if needed). Top generously with the **cheese**.

Serve the **charred corn slaw** alongside.

Enjoy!