



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

Classic 40-45 Minutes • Medium Spice • 3 of your 5 a day

19



Baking Potato



Mixed Beans



Tomato Passata



Chipotle Paste



Vegetable Stock Paste



Coleslaw Mix



Burger Sauce



Mature Cheddar Cheese



BBQ Sauce



Soured Cream



Diced Chorizo

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

CUSTOM RECIPE

If you chose to add or double up on protein, 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
Baking Potato	2	3	4
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Paste	20g	30g	40g
Vegetable Stock Paste 10	10g	15g	20g
Coleslaw Mix**	120g	180g	240g
Burger Sauce 8 9	30g	45g	60g
Mature Cheddar Cheese** 7	60g	80g	120g
BBQ Sauce	32g	48g	64g
Soured Cream** 7	75g	150g	150g
Chorizo**	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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	700g	100g	745g	100g
Energy (kJ/kcal)	3011/720	430/103	3840/918	516/123
Fat (g)	30.4	4.4	46.7	6.3
Sat. Fat (g)	14.6	2.1	20.6	2.8
Carbohydrate (g)	84.8	12.1	86.2	11.6
Sugars (g)	18.1	2.6	18.4	2.5
Protein (g)	26.6	3.8	37.8	5.1
Salt (g)	3.19	0.46	5.77	0.77

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

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 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.



Make the Slaw

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

Grate the **Cheddar cheese**.



Bring on the Chilli

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

Put a large saucepan on medium heat with a drizzle of **oil**.

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

CUSTOM RECIPE

If you've chosen to add **diced chorizo** to your meal, add it to the pan before the **chilli** ingredients and stir-fry until it starts to brown, 3-4 mins. Once browned, add the **chilli** ingredients to the pan and continue as instructed.



Add the BBQ Sauce

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.



Serve

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

Transfer the **jacky-Ps** your plates (2 halves per person). Spoon the **beans** over the **potatoes**.

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

Serve the **slaw** alongside.

Enjoy!