



Smoky Gochujang and BBQ Bean Jacket Potato

with Pea Shoot Salad, Cheese and Sesame Slaw

Classic 40-45 Minutes • **Mild Spice** • 3 of your 5 a day • Veggie

20



Baking Potato



Garlic Clove



Mixed Beans



Mature Cheddar Cheese



Mayonnaise



Roasted White Sesame Seeds



Coleslaw Mix



Tomato Passata



Vegetable Stock Paste



Gochujang Paste



BBQ Sauce



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Sugar, Butter

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
Mixed 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	7.5g	10g
Coleslaw Mix**	120g	180g	240g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Gochujang Paste 11)	60g	80g	100g
BBQ Sauce	48g	80g	96g
Pea Shoots**	40g	60g	80g
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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3271/782	452/108
Fat (g)	28.9	4.0
Sat. Fat (g)	14.0	1.9
Carbohydrate (g)	100.0	13.8
Sugars (g)	24.0	3.3
Protein (g)	28.5	3.9
Salt (g)	4.95	0.68

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.

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 Beans

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

Add the **mixed 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.



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 **mixed beans** in a sieve.

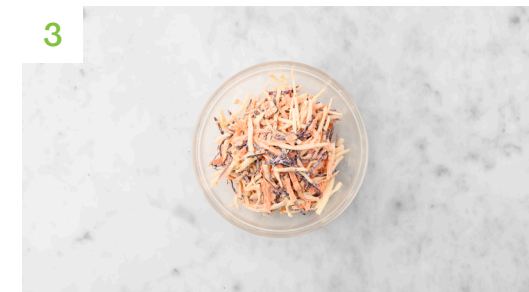
Grate the **cheese**.



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**.

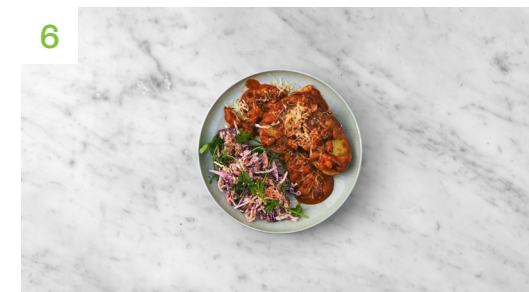


Make your Slaw

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.



Serve Up

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

Serve the **sesame slaw** and **pea shoot salad** topped with a drizzle of **olive oil** alongside.

Enjoy!