



Loaded Sweet Potato Jacky-P with Easy Beef Chilli, Cheese and Chives

Family 40-50 Minutes • Mild Spice • 2 of your 5 a day

8



-  Sweet Potato
-  Beef Mince
-  Kidney Beans
-  Central American Style Spice Mix
-  Tomato Passata
-  Beef Stock Paste
-  Mature Cheddar Cheese
-  Chives

Pantry Items
Water, Sugar

Before you start

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

Cooking tools

Baking tray, saucepan, lid, sieve, grater and plate.

Ingredients

	2P	3P	4P
Sweet Potato**	2	3	4
Beef Mince**	240g	360g	480g
Kidney Beans	1 carton	1½ cartons	2 cartons
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Beef Stock Paste	10g	15g	20g
Water for the Sauce*	50ml	75ml	100ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp
Mature Cheddar Cheese** 7)	60g	90g	120g
Chives**	1 bunch	1 bunch	1 bunch

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	631g	100g
Energy (kJ/kcal)	3278 /783	520 /124
Fat (g)	33	5
Sat. Fat (g)	16	2
Carbohydrate (g)	70	11
Sugars (g)	20	3
Protein (g)	43	7
Salt (g)	2.87	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

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 Sweet Potatoes

Preheat your oven to 220°C. Halve the **sweet 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 on the baking tray. When the oven is hot, roast on the top shelf until tender and a knife slips in easily, 30-40 mins.



Simmer your Beef Chilli

Bring the **chilli** to the boil, then cover with a lid and turn the heat to low. Leave to cook slowly for the remaining **sweet potato** cooking time. Stir occasionally to stop the **chilli** from sticking. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Cook the Beef

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat. When hot, add the **beef mince** and cook until browned, 2-3 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.* Use a spoon to break it up as it cooks. While it cooks, drain and rinse the **kidney beans** in a sieve.



Season to Taste

Once everything is ready, taste the **chilli** and add **salt** and **pepper** if needed.



Add the Flavour

When the **beef** is browned, drain and discard any excess fat, then season with **salt** and **pepper**. Add the **Central American style spice mix** and roughly crush **half** the **kidney beans** in your hands over the pan so they break up. Stir in the remaining **whole kidney beans**, **tomato passata**, **beef stock paste**, **water** and **sugar for the sauce** (see ingredients for both amounts).



Serve

Divide the **jacket sweet potatoes** between your plates (2 halves per person) and spoon the **beef chilli** on top. Grate the **cheese** over the **potatoes** and use scissors to snip the **chives** over the top.

Enjoy!