



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Potatoes

One medium potato contains 45% of your daily value of vitamin C. This vitamin can assist in stabilising free radicals, thus helping prevent cell damage.





L4

Jacket Potatoes

with Campfire Beans and Chopped Salad

Roasted potatoes stuffed with campfire beans and topped with melted cheese, served with a chopped salad.

 40 minutes

 4 servings

 Vegetarian

15 April 2022

Save it!

Save this recipe for the next time you go camping! The potatoes can be wrapped in foil and roasted in a BBQ or placed directly into a campfire to cook until tender.

Per serve: **PROTEIN** 30g **TOTAL FAT** 37g **CARBOHYDRATES** 65g

FROM YOUR BOX

POTATOES	1kg
CELERY STICKS	2
ORGANIC BAKED BEANS	400g
JIMJAM BEANS	1 jar
TOMATOES	2
AVOCADOS	2
LEBANESE CUCUMBERS	2
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, red wine vinegar

KEY UTENSILS

frypan, oven tray

NOTES

Instead of cutting the potatoes in half to roast, you can cut them into wedges, which will reduce the roasting time. Use the beans and cheese to make loaded wedges.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve potatoes (see notes) and place cut side down on a lined oven tray. Coat with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.



4. FILL THE POTATOES

Turn potatoes over and use a fork to press down the middles to form a boat. Fill with bean mixture and sprinkle over shredded cheese. Return to oven for 5 minutes to melt cheese.



2. SAUTÉ THE BEANS

Heat a frypan over medium–high heat with **oil**. Slice celery sticks. Add to pan as you go. Cook for 1 minute. Pour baked beans and Jimjam beans into pan. Stir to combine. Simmer for 6–8 minutes until thickened. Season to taste with **salt and pepper**.



3. MAKE THE SALAD

Dice tomatoes, avocados and cucumbers. Place in a large bowl and toss with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Serve potatoes on plates along with chopped salad.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

