



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.




Jacket Potatoes

with Campfire Beans and Chopped Salad

Roasted potatoes stuffed with campfire-style baked beans, topped with melted cheese, served with a chopped salad.

 40 minutes

 2 servings

 Vegetarian

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** 40g **TOTAL FAT** 38g **CARBOHYDRATES** 85g

FROM YOUR BOX

MEDIUM POTATOES	3
CELERY STICK	1
ORGANIC BAKED BEANS	400g
TOMATO	1
AVOCADO	1
LEBANESE CUCUMBER	1
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice, smoked paprika

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 250°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** to taste. Return to oven for 5 minutes to melt **cheese**.



2. SAUTÉ THE BEANS

Heat a frypan over medium–high heat with **oil**. Slice **celery** and add to pan as you go along with **1–2 tsp paprika**. Cook for 1 minute. Add **baked beans** and stir to combine. Simmer for 6–8 minutes until thickened. Season to taste with **salt and pepper**.



3. MAKE THE SALAD

Dice **tomato, avocado** and **cucumber**. Toss in a large bowl with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Serve **potatoes** on plates along with chopped salad.



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