



Mr Potato Head loaded baked potatoes

with coleslaw and Just Add Vegan smokey rashers



This recipe comes from Padma's childhood, where she and her father would visit Mr. Potato Head at the Ferntree Gully markets in Mt. Dandenong, Victoria, for a loaded baked potato much like this one! With its delicious combination of simple flavours, this is baked potato heaven, with the added deliciousness of our very own house-made smokey rashers.

HIGH PROTEIN



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray, large frying pan



Pantry items needed: olive oil



Hands-on: 20 minutes

Ready in: 45 minutes



Serves: 2 or 4



Just Add Vegan
Smokey Rasher

(200g) \$10

Featured as part of this meal kit and available to add to your next order.

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Potatoes	800g	1600g
Garlic herb butter	1 tub	1 tub
Mozzarella	1 bag	1 bag
Olive oil*	1 tbsp	2 tbsp
Just Add Vegan Smokey Rashers	1 packet	1 packet
Cabbage	150g	300g
Carrot	120g	240g
Chipotle mayo	1 tub	1 tub
Spring onion	15g	30g
Diced beetroot	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook potatoes

Preheat oven to 200°C and line a baking tray. Slice **potatoes** in half lengthways. Evenly spread cut side of **potato** with **garlic herb butter** and place face down onto tray. Bake in oven for **30 minutes**, or until soft when pierced with a knife. Flip over, sprinkle with **mozzarella** and bake for a further **5 minutes**.

2. Cook smokey rashers

In a large frying pan over medium heat, add **olive oil***. When hot, add **smokey rashers** and cook until golden brown, about **2 minutes** each side. Remove from the heat and dice.

3. Make coleslaw

Finely shred **cabbage**. Grate **carrot**. Place **cabbage**, **carrot** and **chipotle mayo** into a bowl and toss to coat.

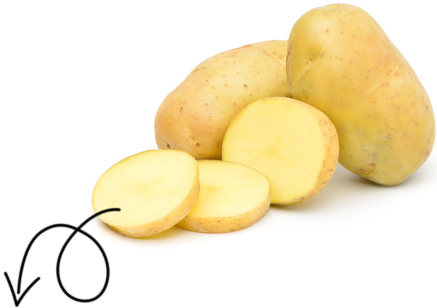
4. Prepare toppers

Thinly slice **spring onion**. Drain **beetroot**.

5. Serve

Place baked **potatoes**, cheese side up, onto plates. Top with **coleslaw**, **smokey rashers**, **beetroot** and a sprinkling of **spring onion**.

Eat your way to healthy!



Potatoes, unskinned, are packed with vitamins, minerals and antioxidants. They are rich in vitamin C and B6, potassium and manganese, and a good source of magnesium, phosphorus and vitamins B3 and B9. They are also a good source of fibre.

Potatoes have been linked to a range of health benefits, including a lower risk of certain cancers and diabetes, better heart and gut health, stronger bones, improved digestive health and weight management and reduced inflammation.

Nutritional information*

	Per 580g serve	Per 100g
Energy	2654kJ (635Cal)	458kJ (110Cal)
Protein	25.4g	4.4g
Fat, total	23.1g	4g
- Saturated	7.9g	1.4g
Carbohydrate	74g	13g
- Sugars	12g	2g
Sodium	889mg	153mg

* Nutritional information is based on averages