



UCOOK

Jacket Potato & Herman's Baked Beans

with chives, goat's cheese & cucumber ribbons

This goat's cheese & chive laden buttery flesh and crispy skinned jacket potato entangles so beautifully with Herman's tomato-heavy homemade baked beans and sings with freshness from crunchy leaves and crispy onion bits - what more could you want from a summery weeknight dinner?

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Herman Lensing

 Vegetarian

 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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Ingredients & Prep

200g	Potato <i>rinsed</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU Spanish Rub
10ml	Tomato Paste
5ml	Vegetable Stock
120g	Butter Beans <i>drained & rinsed</i>
25g	Chevin Goat's Cheese
3g	Fresh Chives <i>rinsed & finely chopped</i>
20g	Salad Leaves <i>rinsed</i>
50g	Cucumber <i>peeled into ribbons</i>
100g	Baby Tomatoes <i>halved</i>
10ml	Crispy Onions

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Sugar/Sweetener/Honey
Butter

1. SUPER SPUDS Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways and place on the tray — don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven for 30-35 minutes until the flesh is soft and the skin is crispy.

2. HOMEMADE GOODNESS Place a pan over a medium-high heat with a drizzle of oil. When hot, add the diced onions and fry for 3-5 minutes until soft and translucent. Add in the grated garlic and the rub and fry for a further 1 minute, shifting constantly, until fragrant. Add the tomato paste, the vegetable stock and 150ml water. Mix until fully combined and simmer for 8-10 minutes until slightly thickened.

3. BAKED BEANS Once the sauce has thickened, stir through the drained beans, a sweetener of choice, and some seasoning, until well combined. Simmer for a further 10 minutes until the flavours have fully combined.

4. CHIVEY CHEESE In a small bowl, combine the goat's cheese and $\frac{3}{4}$ of the chopped chives and some seasoning. Mix with a whisk or fork until fully incorporated and smooth. Set aside. Place the rinsed salad leaves into a salad bowl with a drizzle of oil, the cucumber ribbons, the halved baby tomatoes, and some seasoning. Toss and set aside.

5. FLUFFY JACKETS Once the potatoes are cooked, carefully spoon the flesh into a bowl without breaking the skin, and fluff up with a fork. Mix in a small knob of butter and some seasoning, and return to the skins.

6. VEG DELIGHTS! Plate up the buttery baked potato, top with a big dollop of chive-laced goat's cheese and side with the saucy baked beans. Serve the fresh salad alongside. Sprinkle over the remaining chopped chives and the crispy onions. Well done, Chef!

Nutritional Information

Per 100g

Energy	320kj
Energy	77Kcal
Protein	3.2g
Carbs	12g
of which sugars	1.7g
Fibre	2.6g
Fat	1.6g
of which saturated	0.8g
Sodium	239mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days