



# 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?

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**Hands-On Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People


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**Chef:** Herman Lensing

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 Vegetarian

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 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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## Ingredients & Prep

600g	Potato <i>rinsed</i>
2	Onions <i>1½ peeled &amp; finely diced</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
30ml	NOMU Spanish Rub
30ml	Tomato Paste
15ml	Vegetable Stock
360g	Butter Beans <i>drained &amp; rinsed</i>
75g	Chevin Goat's Cheese
8g	Fresh Chives <i>rinsed &amp; finely chopped</i>
60g	Salad Leaves <i>rinsed</i>
150g	Cucumber <i>peeled into ribbons</i>
300g	Baby Tomatoes <i>halved</i>
30ml	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 40-45 minutes until the flesh is soft and the skin is crispy.

**2. HOMEMADE GOODNESS** Place a large pan over a medium-high heat with a drizzle of oil. When hot, add the diced onions and fry for 5-8 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 250ml water. Mix until fully combined and simmer for 15-20 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