

TWICE BAKED JACKET POTATOES

Makes 2 filled halves



INGREDIENTS	EQUIPMENT
1 clean, medium-sized baking potato 50g Cheddar cheese – grated 1 tablespoon diced red pepper 1 tablespoon diced yellow pepper ½ spring onion – finely chopped ½ fresh tomato – finely chopped ground black pepper	chopping board vegetable knife mixing bowl tablespoon fork potato masher grater baking tray

METHOD

1. Heat the oven to 200°C /Gas 6.
2. Wash the potato and prick all over with a fork. Place on a baking tray and bake for one hour or until soft. Remove from the oven and cool slightly.
3. Cut the potato in half and hollow each side out using a tablespoon. Place the cooked potato in a mixing bowl and mash thoroughly.
4. Stir in the red and yellow peppers, spring onion, tomato and half the grated cheese. Season with black pepper and mix well.
5. Spoon the potato mixture back into the potato skins pressing down well with a tablespoon and sprinkle with the remaining cheese.
6. Place on the baking tray and bake for 15 - 20 minutes until the cheese is melted and golden-brown. Alternatively, place under a medium grill and cook steadily until the potato is piping hot all the way through and the top is golden brown.

RECIPE NOTES AND TIPS

- Save fuel by baking the potatoes for this recipe when you have the oven on for something else. Keep the potatoes in the fridge until ready to use them.
- Reduce the amount of cheese used or change to half fat Cheddar to lower the saturated fat content.

ALLERGY AWARE

This recipe contains:

- Milk (Cheddar cheese)

Per stuffed potato (~284g)

	ENERGY	
	1995kJ / 475kcal	24%
MED	FAT	
	18.1g	26%
HIGH	SATURATES	
	10.9g	55%
LOW	SUGARS	
	5.4g	6%
MED	SALT	
	1.0g	16%

% of an adult's reference intake

Typical values per 100g : Energy 703kJ / 167kcal

121 Twice-Baked Cheese Jacket Potatoes

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (284g)
Energy	703kJ / 167kcal	1995kJ / 475kcal
Protein	7.1g	20.3g
Carbohydrate (of which sugars)	19.3g (1.9g)	54.9g (5.4g)
Fat (of which saturates)	6.4g (3.8g)	18.1g (10.9g)
Fibre	2.1g	6.0g
Salt	0.3g	1.0g