

STUFFED JACKETS

INGREDIENTS

- 4 clean, medium-sized baking potatoes
- 1/2 red or green pepper - diced
- 2 spring onions - peeled and sliced
- 4 cherry tomatoes - quartered
- 4 dessertspoons sweetcorn
- 50g Cheddar **cheese**

EQUIPMENT

- fork, chopping board, vegetable knife,
- mixing bowl, teaspoon,
- grater, baking tray

SERVES: 4

PREP TIME: 20 minutes

ALLERGENS: milk

COOK TIME: 10 minutes

METHOD

- 1** Wash the potatoes and prick all over with a fork. Place in the microwave and cook on high for 9-10 minutes until the potatoes are soft. Remove from the microwave and cool slightly.
- 2** Cut the potatoes in half and hollow each side out using a teaspoon. Place the cooked potato in a mixing bowl and mash thoroughly. Add the vegetables and add half the grated cheese and mix well.
- 3** Spoon the potato mixture back into the potato skins pressing down well with a teaspoon and sprinkle with the remaining cheese.
- 4** Put on a baking tray and place under a medium grill. Cook steadily until the potato is piping hot all the way through and the top is golden brown.
- 5** Serve the potatoes on their own or with some baked beans.