



MIXER'S

BAKED POTATO BOATS

SERVES 2

INGREDIENTS

- 2 medium-sized baking potatoes or sweet potatoes

For the tuna sweetcorn topping:

- 100g can tuna in spring water
- 2 tablespoons unsweetened low-fat plain yoghurt
- 3 tablespoons cooked sweetcorn (canned, fresh or frozen)
- 2 spring onions, finely chopped
- 1 tablespoon lemon juice
- Freshly ground black pepper, to taste

For the spicy bean topping:

- 1 x 210g can kidney beans in water, drained
- 2 tomatoes, chopped
- 1 teaspoon ground cumin
- 1 teaspoon mild paprika
- 1 tablespoon unsweetened low-fat plain yoghurt

For the cheese and chive topping:

- Small bunch of chives, finely chopped
- ½ an avocado
- 2 tablespoons low-fat cream cheese

EQUIPMENT

- chopping board • knife • baking tray • oven gloves • a mixing bowl • wooden spoon • small saucepan • tablespoon • teaspoon • two plates •



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Ask an adult to turn the oven on and preheat it to 200°C/Fan 180°C.

Start by scoring the potatoes with a knife by making a cross on the potatoes. Be careful with the sharp knife.

Put the potatoes on a baking tray and put them in the oven. Cook for 45–60 minutes, until soft.

Once cooked, ask an adult to take the potatoes out of the oven and leave them to cool down. When your chosen topping is made, use spoons to pull apart the baked potatoes where you've cut the cross so that there's a space to put your topping. Spoon your chosen tasty topping onto your potatoes and enjoy!



2 BAKED POTATO BOATS FILLINGS



To make the tuna sweetcorn topping, mix together the tuna, yoghurt, sweetcorn, spring onions and lemon juice in a mixing bowl with a spoon. Season with black pepper (some children may find black pepper hot).

TUNA AND SWEETCORN



SPICY BEANS



To make the spicy bean topping, ask an adult to help you heat the beans and tomatoes in a saucepan over a medium heat for five minutes. Stir in the cumin, paprika and yoghurt. Then spoon your topping onto your potatoes.



CHEESE AND CHIVES



To make the cheese and chive topping, mash the avocado with a fork in a mixing bowl. Then add the cream cheese and chives and mix until combined. Spoon your topping onto your potatoes.



You can make your potatoes look like chicks by adding vegetable features! Use cherry tomatoes for the eyes, a spring onion or end of a carrot for the beak and lettuce leaves for the wings.