Jacket Potatoes ALL

- \circ $\;$ Put 1 jacket potato in the microwave on a plate for 1 minute 45 seconds
- o Season the potato with oil, salt and pepper
- \circ Put seasoned potato in the meal stream oven for 1 minute
- \circ Cut the top of the potato open lengthways ad open the potato slightly
- Mix butter into potato and add filling choice;
 - Tuna sweetcorn mayo 150g
 - $\circ\quad \text{Cheese 15g \& Beans 100g}$
 - Cheesy coleslaw 75g
 - o Beans 150g
 - Cheese 30g
 - Beef chilli 150g(Piece pouch and put in the microwave for 1 and a half minutes)
 - o Prawn Cocktail 150g
- \circ $\;$ Serve in a wide rimmed bowl with a salad garnish
 - o Salad garnish:
 - o 30g mixed leaf lettuce
 - o 1 cherry tomato
 - o 15g sliced red onion
 - o 10ml ranch dressing







Example of Prawn Cocktail Jacket Potato

