



TWICE BAKED POTATOES

Recipe by Lyndon Gee

Each portion contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
415	4g	18g	9g	1.3g	7.3g
21%	4%	26%	45%	22%	30%

of an adult's guideline daily amount

 Serves 4

 Prep 15 mins

 Cook 90 mins

Ingredients

1 kg potatoes, four to eight depending on size (or already baked)

1 tablespoon vegetable oil (olive is ideal)

400g mixed vegetables, chopped (e.g. leeks, mushrooms, peas)

75ml milk

Good pinch salt and pepper

150g cheese, grated (cheddar is ideal but any will do)

You can use basic ingredients like cheese and onion, or create a gourmet feast and stuff your potatoes with anything from chicken curry to lobster or wild mushrooms.

1 Wash potatoes, prick with a fork and bake for 60 to 75 minutes at 180C / gas mark six, depending on the size. Cool a little, then cut in half. Without breaking the skins, scoop out the potato flesh and add to a bowl.

2 Meanwhile add oil to a pan and gently cook the vegetables without browning them.

3 Mash the potato and mix in the milk, salt and pepper then stir in the cooked vegetables and half the cheese.

4 Spoon the mixture back into the potato skins, top with the remaining cheese, arrange on a baking sheet and bake in a preheated oven at 180C / gas mark six for 15 to 20 minutes until golden brown.