

Baked potato



Serves 2

Ingredients

2 medium potatoes
1 tablespoon olive oil
Salt, to season
Small tin of tuna and bean mix
Tasty cheese, grated
2 tablespoons yoghurt



Method

1. Preheat oven to 180°C.
2. Thoroughly scrub the potatoes in cold water, using a brush to remove any dirt. Pierce the skin of the potatoes all over with a fork.
3. Place the potatoes in a bowl and coat with oil and a sprinkle of salt.
4. Place potatoes on a baking tray and bake for 50 minutes or until soft in the centre.
5. Top with tuna and bean mix and grated cheese.
6. Bake in oven for a further 15 minutes until golden brown.
7. Serve topped with yoghurt.

Feeding Kids Tips

With your help, kids from about 2 years old can wash, and kids from about 5 years old can pierce the potatoes. Getting them involved in cooking can help them eat new foods.