

Stuffed Potato

Makes 2

Ingredients

2 Large Potatoes
2T Corn
½ slice ham
1/6 red capsicum
3 chives
1 sprig parsley
2T sour cream
60g cheese



Method

1. Wash potatoes and pierce several times with a skewer or fork.
2. Microwave on HIGH for 6 minutes. Allow to stand for 5 minutes.
3. Dice the ham. Chop the herbs finely. Chop capsicum into small pieces.
4. Grate the cheese.
5. Cut the potatoes in half, scoop out the cooked flesh.
6. Mash the scooped out potato flesh in a bowl.
7. Mix in Sour Cream, corn, ham, capsicum and herbs.
8. Pile potato mixture back into potato skins. Smooth the top into a nice round shape.
9. Reheat in microwave for 3 minutes.
10. Place grated cheese on top and serve.

Equipment

Microwave
Bowl
Vegetable Knife
Green Board
Red Board
Yellow Board
Grater
Fork
Spoon
Potato Masher
Measuring Spoons
Plate