

# Baked jacket potato nachos



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**Preparation:** about 20 minutes  
**Cooking:** about 1 hour + standing time  
**Serves:** 4

4 x 220g Sebago or Pontiac potatoes  
1 medium ripe avocado  
1 tsp lemon juice  
125g cherry tomatoes, quartered  
Salt and ground black pepper  
½ cup reduced fat sour cream  
75 g packet corn chips, to serve

1. Preheat oven to 180°C/160°C fan-forced. Wash potatoes and pat dry. Using a fork, pierce each potato all over 8-10 times. Wrap each potato in foil and place onto a baking tray. Bake for 1 hour or until just tender when tested with a skewer. Remove from oven, open foil and set aside to cool slightly.
2. Peel and deseed avocado, place in a bowl and roughly mash using a fork. Add lemon juice and mash until smooth. Stir through tomatoes and season with salt and pepper. Set aside.
3. Cut a cross into the top of each potato. Gently squeeze potatoes to open. Top each with sour cream and avocado mixture. Serve with corn chips.



### Potatoes

- A reliable source of vitamin C, the vitamin that helps protect the body against infection. Cooking potatoes in their skins helps stop the vitamin C escaping.

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