

Fresh for Kids® Baked jacket potatoes with tuna & avocado



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Preparation: about 15 minutes
Cooking: about 2 hours
Serves: 4

Select even-sized potatoes with a flattish side so they stand upright.

4 x 225g Coliban potatoes, washed
185g can tuna in oil, drained and roughly flaked
1 cup reduced fat grated tasty cheese
Salt and ground black pepper
1 ripe medium avocado, peeled and diced
2 tsp lemon juice

1. Preheat oven to 180°C. Using a fork, prick potatoes about 6 times. Wrap each in foil. Place on an oven rack and roast for 1 hour 15 minutes or until tender when tested with a skewer. Carefully remove from foil. Cut the top third of each potato lengthways. Using a spoon, scoop out potato flesh from both sides of potatoes and place in a bowl. Roughly mash potato, add tuna and $\frac{3}{4}$ cup cheese. Season with salt and pepper to taste and stir until combined.
2. Spoon potato mixture back into potatoes. Place on a baking tray lined with baking paper. Sprinkle with remaining cheese. Bake for 10–15 minutes until hot. Peel and dice avocado, toss with lemon juice. Serve potatoes with avocado.

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Potatoes

- A reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.
- The skin of potatoes helps retain vitamins during cooking and also has higher levels of some antioxidants.

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