



5 mins

Allergens



EGG



MUSTARD



FISH



MILK

Utensils



baking tray



oven gloves



sharp knife



small plate



tin foil



mixing bowl



tin opener



spoon



knife & fork

You will need...



One fist size baking potato



1 tbsp low fat mayonnaise



1 tsp olive oil



1 small tin reduced sugar baked beans



one tin tuna



salt & pepper

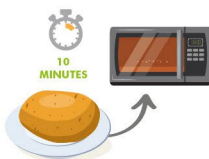
1 Pre-heat the oven to 180 degrees



2 Poke holes all over the jacket potato with a fork



3 Place potato on a plate and put in the microwave on full power for 10 mins



4 Line a baking tray with tin foil and pop the potato on top

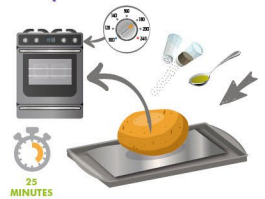


Lunch Recipe

Tuna & Baked Bean Jacket Potatoes

(oven + microwave)

5 Season the potato skin with the oil, salt and pepper and pop in the oven for 25 minutes (set a timer)



6 Open the can of tuna and transfer to a bowl



7 Add a tbsp low-fat mayonnaise and mix together



8 When the oven timer has 2 minutes left, open the tin of beans and pour into a bowl (microwave safe)



9 Pop the beans in the microwave on full power for 1 minute



10 Stir the beans and pop back in for a further 30 seconds



11 Take the potato out of the oven and transfer to a plate



12 Chop the potato in half and top with the baked beans. Scoop the tuna from the bowl and put on top of the jacket potato and beans



Enjoy your lunch!