

CRUNCH TIME

Jacket Potatoes



Serve information: 1 plate with 4 jacket potatoes

INGREDIENTS:

4 Large baking potatoes
4 Large baking potatoes, cooked
200g Cooked roast beef
1 tbsp Olive oil
tsp Mild paprika
100g Crushed tomatoes
Salt
Pepper
Red onion
Tomato
40g green capsicum
Lime
40g Sour cream
40g Shredded tasty cheese
1 Sprig parsley

EQUIPMENT:

Fork
Baking tray
Chopping board
Sharp knife
Fry pan
Wooden spoon
Several spoons
Bowl
Serving plate



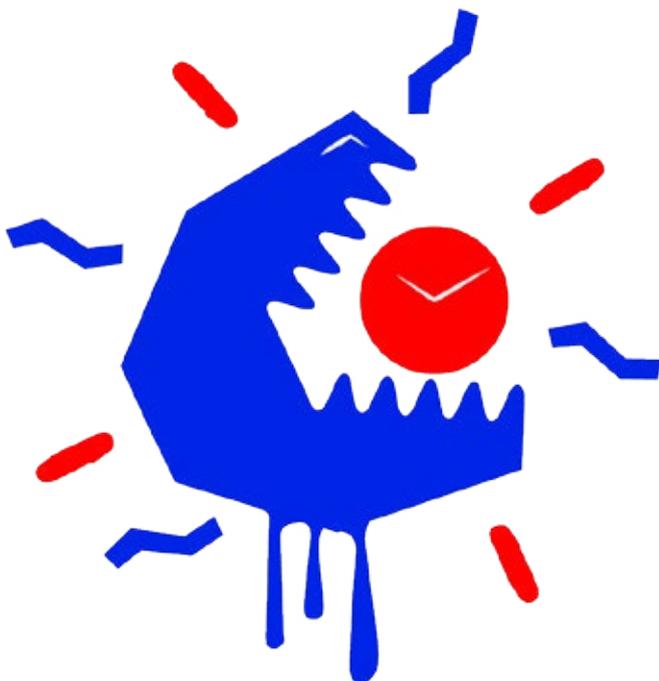
METHOD:

1. Pre-heat the oven to 200°C. Prick the potatoes with a fork in several places. Place the potatoes on a baking tray and place in the pre-heated oven for approximately 1 hour until soft
2. Chop the cooked roast beef into small pieces
3. Heat the oil in a fry pan over medium heat and add the chopped beef. Add the paprika and crushed tomatoes. Season with salt and pepper and stir until heated through
4. To make the salsa, dice the onion, tomato and capsicum. Chop some parsley and mix together in a bowl
5. Squeeze some lime juice over the salsa mix and season with salt and pepper
6. Take the "prepared earlier" jacket potatoes out of the oven
7. Cut a cross in the top of each jacket potato to open them up
8. Spoon the beef mixture into the jacket potatoes
9. Top with the salsa, sour cream, cheese and parsley leaves and place the Jacket Potatoes on a plate

ADDITIONAL NOTES:

Prepare 4 Jacket Potatoes – wash and prick the potatoes with a fork in several places. Place the potatoes on a baking tray and bake in a pre-heated oven at 200°C for approximately 1 hour until soft

Cook the roast beef



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