

Let's eat

Baked Potato with Bolognese Topping

Allergens – n/a

Ingredients

Quantity	Ingredient
1.2 kg	Minced Beef
200 g	Onions (chopped)
300 g	Carrots (grated)
600 g	Tinned Tomato
50 g	Tomato Puree
25 g	Garlic Purée
800 ml	Water
5 g	Mediterranean Mixed Herbs
20	Baked Potatoes



Method

1. Wash, dry and rub potatoes with vegetable oil and place in a baking tray. Bake potatoes in oven until tender, 2 hours approximately.
2. Fry the mince in a dry pan and skim off excess fat.
3. Add the onions, carrots and tomato puree.
4. Add the water and tinned tomatoes with their juice and mix well.
5. Add the garlic and herbs. Cook until meat is tender and sauce is of a thickened consistency.
6. Cross cut cooked potatoes and add topping to serve.

Nutritional Content for 100g Bolognese filling + Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 218.1	= 5.9	= 2.3	= 3.8	= 0.2	= 31.9

Portion size – Primary 100g filling

Baked Potato @ 100g = 31.7g Carbs

Reviewed May 2019