

# Baked Potato with Broccoli & Cheddar Cheese Topping

Allergens – **Milk**, **Mustard**

## Ingredients

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Quantity	Ingredient
800 g	Cheddar <b>Cheese</b> (contains <b>Milk</b> )
1 kg	Broccoli Florets
4 g	<b>Mustard</b> Powder
20	Baking Potatoes



## Method

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1. Wash, dry and rub potatoes with vegetable oil and place in a baking tray. Bake potatoes in oven until tender, 2 hours approximately. Allow to cool.
2. Cook the broccoli, drain, cool and chop.
3. Cut cooked potatoes in half and scoop out cooked inside.
4. Mix mustard, seasoning, potato flesh and broccoli together.
5. Place the filling into the potato skins, top with cheese and bake in oven until cheese is golden brown.

### Nutritional Content for 70g of filling and Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 296.7	= 14.4	= 8.7	= 1.8	= 0.7	= 28.3

**Portion size** - Primary – 70g filling

Baked Potato @ 100g = 31.7g Carbs