

Baked Potato with Tex Mex Filling

Allergens – n/a

Ingredients

Quantity	Ingredient
450 g	Onions (chopped)
450 g	Mixed Peppers (sliced)
200 g	Courgette (diced)
285 ml	Water
55 g	Tomato Purée
5 g	Garlic Purée
5 g	Mild Chilli Powder
2 g	Cayenne Powder
20	Baking 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. Saute onions, garlic, peppers and courgette.
3. Add some of the water and cook until soft.
4. Add in cayenne, chilli powder, tomato puree and simmer for a minute.
5. Add tomato puree and rest of water and simmer for 30 minutes.
6. Cross cut cooked potatoes and add topping to serve.

Nutritional Content for 70g of filling and Potato

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 134.8	= 0.5	= 0.0	= 3.8	= 0.1	= 30.3

Portion size - Primary – 70g filling

Baked Potato @ 100g = 31.7g Carbs