

Cooking at Home *with* City Catering

Cheesy Potato and Curried Beans

A fun twist to baked beans,
add any of your favourite spices...cajun, paprika, chilli



Ingredients

- 4 baking potatoes
- 1 red onion, finely chopped
- 1 tbsp oil/ a knob of butter
- 2 tsp Cajun spice mix/ Curry powder
- 1 tin of baked beans
- 140g grated cheese



METHOD

1. Wash potatoes thoroughly, pat dry and prick all over with a fork.

2. To cook potatoes in the oven: Pre-heat your oven at 180°C. When hot, place potatoes straight into the oven rack and cook for 1 to 1 ¼ hours.

Cooking time will depend on the size of the potatoes. You want them nice and soft in the middle but crispy on the outside.

To cook potatoes in the microwave: Place potatoes on a microwave safe plate and microwave for 12 minutes, turning half way through cooking. If your potatoes are still not tender, continue cooking in 1-2 minutes increments until they are. If you are only cooking one potato at the time, start with 7 minutes and then follow above instructions.

3. Meanwhile, cook red onion in oil/butter until soft, then add Cajun/Curry powder and cook for an extra couple of minutes. Add the baked beans, bring to a simmer and cook on low heat for a few minutes until all the flavours have combined.

4. Once potatoes are cooked and have rested for a couple of minutes, cut a cross on top of each potato and squeeze.

5. Spoon the beans on top of the potatoes and sprinkle the cheese on top. Serve

✓ It is important that you eat the skin of the potato because that is where most of the fibre is.

