

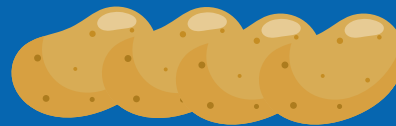
# TUNA & SWEETCORN JACKET MELT



Jacket potatoes with a twist! Great to use up any left-over jacket potatoes that you may have already cooked. Otherwise, speed up the process by cooking them in the microwave & finish them in the oven. Easy to make & to adapt to different tastes. Make them vegetarian by leaving the tuna out!

**PREP:** 5 min **TOTAL:** 1 hr 35 min

**SERVES:** 4



4 large baking potatoes



25g butter



200g grated  
cheese



185g tinned tuna,  
drained & flaked



100g red onion,  
finely chopped



100g sweetcorn,  
drained

# TIPS:

✓ **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 ½ hours. Cooking time will depend on the size of the potatoes. You want them nice and soft in the middle but crispy in 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 min and then follow above instructions.

✓ **Choose your favourite cheese for this recipe.** You could even use soft cheese to mix with the soft potato. This is a great recipe to use up bits of cheese that you have in the fridge.

✓ **Switch the tuna for leftover cooked chicken, ham or bacon - it will be delicious!**



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



**2** Either microwave or oven cook your potatoes. See the Tips Section for the cooking instructions. **BE CAREFUL WHEN HANDLING THE COOKED POTATOES AS THEY WILL BE VERY HOT.**



**3** When cooked, cut the potatoes in half lengthways. Using a spoon scoop out the soft potato into a large bowl. Put the potato skins aside, whilst you complete steps 4 & 5.



**4** Using a fork, mash the soft potato with the butter and two thirds of the grated cheese until smooth.



**5** Add the flaked drained tuna, finely diced red onion and sweetcorn to the bowl with the potato & cheese. Mix until well combined with the fork.



**6** Spoon the mixture back into the potato skins, place on an oven tray & sprinkle the rest of the grated cheese on top of the potatoes. Bake in the oven for 15 to 20 minutes until golden. Serve with a side salad.

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