

# BAKED POTATOES WITH SCRUMMY TOPPING

The Murphy Brothers taught us this recipe one winter night when we were all really hungry after a busy day here at Veggie Boys.

What you need is one good sized potato for each person—we will work this recipe as if we were cooking for 4 people so you will need to adjust the quantities for the size of crowd you're feeding!

Preheat your oven to 190° degrees on Bake. 170° if you're using Fanbake.

Rub each of the potatoes in olive oil and place them in a roasting dish. Pour about a teaspoon of salt into your hand then rub your hands together so that your palms are covered in salt. Then rub your salty hands over each of the oiled potatoes. Add a bit more salt to your hands if you need to while you're doing it so each potato has a good salty sprinkle.

Put the potatoes in the oven and bake for around 1 hour, maybe more if they're big ones. You can tell when they're cooked if you put an oven mitt on and give them a gentle squeeze and they feel soft inside. Younger chefs should probably ask an adult to help with this part.

**While the potatoes are cooking, get the topping ingredients ready.**

In a bowl put

**1 cup of grated cheese**

**1 finely chopped tomato (or 2 if you have plenty!)**

**1 cup of steamed broccoli cut into small "trees" about the size of your thumb**

**The kernels from 1 cooked sweet corn cob (ask an adult for help with this)**

**1 chopped spring onion—small circles are the best**

**1 avocado chopped into small pieces**

**1/2 cup of mayonnaise**

**1 cup of finely chopped meat. \*\* Now, we all have our favourites here but you can try ham or cooked chicken (leftovers are great in this!), frankfurters or kransky sausages. You could use a small tin of tuna or salmon if you like, or no meat at all if you are a vegetarian like me.**

Mix everything together! Add a bit more mayonnaise if you need to, to make sure everything is well coated!

When your potatoes are cooked, take them out of the oven and leave them to cool off a bit for about 5 minutes.

Then cut each one in half and put the two pieces side by side on a plate.

Spoon a good amount of the topping over each potato and sprinkle with cracked pepper or toasted sunflower seeds if you have them.

**Delicious!**