



# Stuffed potatoes

## INGREDIENTS



2 large potatoes



1 tablespoon milk



2 teaspoons butter



50 g cheese, grated



1 slice ham, diced



¼ capsicum, diced

## METHOD

- 1 Pierce potatoes all over using a fork.
- 2 Cook in microwave on high for 12 minutes.
- 3 Carefully test potato with a skewer to see if it is soft (it will be extremely hot). If not ready, cook for another 30 seconds and test again (repeat if necessary).
- 4 Hold your potato firmly with your tongs. Cut each potato in half and scoop out the flesh, leaving about 1 cm around the potato skin (this keeps the skin intact).
- 5 Combine milk, butter, cheese and potato flesh in a medium-sized bowl. Mash until smooth and creamy.
- 6 Add the ham and capsicum to the mash. Mix to combine.
- 7 Spoon mixture back into potato skins.
- 8 Microwave on high for 1 minute.
- 9 Serve.

SERVES: 2

Preparation



Cooking



Serving & Presentation



Total time:  
**20 MINUTES**

## tips & Techniques

You must put a non-slip mat, tea towel or dish cloth under your chopping board so it is secure when you are prepping.

Make sure you check that your potato is cooked before moving on to the next step in the recipe. If the skewer doesn't easily pass through your potato, cook for another 30 seconds then test again (repeat until cooked through).

It is important to dice all of your ingredients consistently. This allows them not only to cook evenly but also improves the presentation of your final product.

Remember: no metal in the microwave!

