



Mexican Stuffed Spuds



Ingredients:

- 6 potatoes
- 1 small green capsicum
- 1 tomato
- 1 spring onion
- 1 carrot
- 125g tin of 4 bean mix
- 125g tin of corn
- 1 jar salsa
- 1 cup cheese



Equipment:

- chopping board, knife, spoons,
- fork, grater, can opener, oven tray,
- frypan/pot, oven, bowl, tongs

Recipe Tip:

Add cooked mince to the left over mixture & wrap in tortillas for another Mexican meal!



- 1 Cut potatoes in half and place in boiling water. Boil until soft. Scoop out middle of potato to make a hollow and place on oven tray (keeping potato skin intact). Mash the scooped-out filling in a bowl with a fork.



- 2 Chop capsicum, tomato and spring onion. Grate the carrot. Drain beans and corn.



- 3 Add the capsicum, tomato, spring onion, carrot, beans, corn and salsa to a bowl with the potato filling and mix.



- 4 Fill up the potato skins with Mexican mixture until there is no mixture left. Grate cheese and cover each potato.



- 5 Place into a hot oven (200°C) for 5 mins, or until cheese is melted.