

Mexican Stuffed Potatoes



Serves



Cooking time



Veg per serve



Swap potatoes for sweet potatoes.

Wash hands Wash veg



Ingredients

- | | |
|-----------------------|-------------------------|
| 6 potatoes | 1 cup Greek yoghurt |
| 1 capsicum | 1 teaspoon paprika |
| ¼ red onion | 1 jar salsa |
| 100g cheese | 1 teaspoon ground cumin |
| 125g can black beans | |
| 125g can corn kernels | |

Equipment

- | | |
|----------------------|------------------|
| Fork | Strainer |
| Microwave safe plate | Small bowl |
| Microwave | 2 spoons |
| Knife | Measuring cups |
| Chopping board | Measuring spoons |
| Grater | Large bowl |
| Can opener | |

How to make it



1. Pierce each potato 3 to 4 times with a fork and put on a microwave safe plate. Microwave on high for 5–7 minutes. Turn each potato and microwave on high for another 5–7 minutes until cooked.



2. While potatoes are cooking, chop capsicum and onion, drain and rinse black beans and corn, grate cheese, and set aside. In a small bowl, mix 1 cup yoghurt and 1 teaspoon paprika.



3. Once potatoes are cooked, chop in half and carefully scoop out middle of potato and add to a large bowl. Try not to scoop too close to the potato skin.



4. To the same bowl, add capsicum, onion, black beans, corn, 1 jar salsa, 1 teaspoon ground cumin and mix. Pile all the mixture into the scooped-out potatoes.



5. Top each potato with grated cheese and microwave on high for 3 minutes or until cheese is melted. Top with some yoghurt sauce.