

Mexican Stuffed Potatoes

Gluten free
Vegetarian



Serves

6

Cooking time



Veg per serve



3



TIP
Swap potatoes
for sweet potatoes.



Ingredients

6 potatoes
1 capsicum
¼ red onion
100g cheese
125g can black
beans
125g can corn
kernels

1 cup Greek yoghurt
1 teaspoon
paprika
1 jar salsa
1 teaspoon
ground cumin



Equipment

Fork
Microwave
safe
plate
Microwave
Knife
Chopping
board
Grater

Can opener
Strainer
Small bowl
2 spoons
Measuring
cups
Measuring
spoons
Large bowl



Tasty learning for life



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.



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.



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



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.



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.



nom!