

# EASY FOOD

## *Recipes*

Microwave-baked potatoes



# What you need



Serves: 1

Allow: 20 minutes

2 medium potatoes  
Handful of baby spinach  
200g baked beans  
½ cup of grated light  
cheddar cheese  
Pepper (optional)



# To prepare



Chopping board & knife

Fork

Spoon

Microwave-safe container

Oven mitts



Microwave



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Remember to wash your  
hands before starting



# 1

Rinse potatoes well, poke all over the surface of the potatoes with a fork





# 2

Microwave potatoes for  
6 – 7 minutes or until cooked



Remove with oven mitts



# 3

Cool potatoes slightly, then cut potatoes in half, and spoon out some of the insides





# 4

Add spinach and beans to potato halves





# 5

Add cheese to potatoes and place  
in microwave-safe container





# 6

Cook in microwave for 2 minutes,  
then take out using oven mitts





# 7

Move potatoes onto serving plate





**ENJOY!**

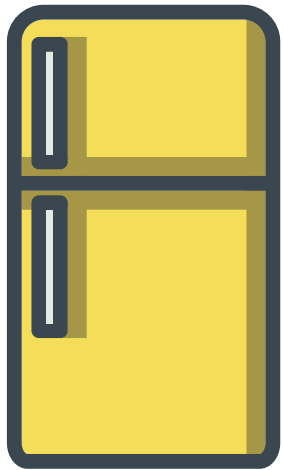




## Other ideas

**Mash the potato flesh and add to the potato shells**

Or keep the potato flesh **in the fridge**  
to make mashed potato



Try **other toppings** like tuna, chicken,  
mushrooms, tomato and capsicum





# Microwave baked potato

**Serves:** 1

**Allow:** 20 minutes

## What you need

Chopping board & knife

Fork

Spoon

Microwave-safe container

Oven mitts

Microwave

2 medium potatoes

Handful of spinach

½ can of baked beans

½ cup of grated light  
cheddar cheese

Pepper if you wish



## Method:

1. Rinse potatoes well and poke all over the surface of the potatoes with a fork.
2. Place potatoes in container and microwave for 6–7 minutes. Remove from microwave using oven mitts.
3. Cool potatoes slightly, then cut in half and scoop out some of the insides.
4. Add spinach, beans and cheese into the potato halves.
5. Place back in container and microwave for another 2 minutes. Remove from microwave with oven mitts.
6. Place potatoes onto serving plate.
7. Enjoy!



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**Health**

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