

## Baked potato with bacon and tuna

Serves: 2 Adults

Cooking Time: 90 mins

What you will need

- Baking tray
- Mixing bowl
- Wooden spoon

Ingredients

- 2 large potatoes, scrubbed but not peeled
- 200g / 7 oz. can of tuna fish
- 100g / 4 oz. back bacon, fat trimmed off, approx. 4 rashers
- Salt and pepper to taste

Method

1. Pre-heat the oven to 220°C / 425°F/ Gas Mark 7
2. Wash the potatoes, then prick them all over with a fork
3. Bake in a pre-heated oven for 1½ hours or until the inside is tender
4. For the microwave method, follow the instructions given in the manual
5. Grill the bacon until crisp then crumble into small pieces
6. Cut the potato in half and carefully scoop out the centre of the potato
7. Mix the potato with the tuna and bacon
8. Return the mixture to the potato skins
9. Place in a hot oven and bake until warmed through and slightly browned on top

Serving suggestions

Serve with side salad- lettuce, tomatoes, red onion, grated carrot, low fat salad dressing.