



Jacket Potatoes

Recipe Information

Serves: 6-8

Time to make: 25 minutes

Method

1. Wash potatoes and cook in a microwave for 5 minutes. Check potatoes are cooked, cook for another 5 minutes if needed.
2. Chop onion and cabbage. Finely chop or crush garlic. Open canned lentils, rinse and drain.
3. Heat oil in a medium-hot frying pan. Add mince, garlic and onion and cook until mince is browned.
4. Add beef stock cube and cabbage. Cook for 2 minutes.
5. Add tomatoes, frozen peas and lentils. Stir and simmer for 5-10 minutes or until cooked through.
6. Cut potatoes into 4 and top with mince and a small amount of cheese
7. Serve.



Fast family feeds

Ingredients

- 1kg potatoes
- 500g beef mince
- 1 teaspoon/clove garlic
- 1 small onion
- 1 beef stock cube
- 2 x 400g canned diced tomatoes
- 1/4 cabbage
- 420g canned brown lentils
- 1 cup of frozen peas
- 1-2 cups grated low fat cheese
- 1-2 teaspoons oil

Method



1. Wash potatoes and place in a microwave for 5 minutes, depending on size of potato.



2. Chop onion and cabbage. Finely chop or crush garlic. Rinse and drain lentils.



3. Heat oil in a medium-hot frying pan. Add mince, garlic and onion. Cook until mince is browned.



4. Add beef stock cube and cabbage and cook for 2 minutes.



5. Add tomatoes, frozen peas and lentils. Stir.



6. Simmer for 5-10 minutes or until cooked through.



7. Cut potatoes into 4. Top with mince and a small amount of cheese to serve.

Tips and Options

- For crispier potatoes, bake in an oven. 20-30 minutes for small potatoes, 45 minutes for large potatoes.

...Which Way...
The good tucker way