

Jacket Potatoes with Three Toppings

Cooking methods: Baking

About Jacket Potatoes

In the mid-19th Century, jacket potatoes were sold on the street by 'Hawkers' during the autumn and winter months. It was estimated some 10 tons of baked potatoes were sold each day.



Tuna Nicoise



Feta and Bean Salsa



Chicken Stir-fry

✓ **Preparation Time**
10 minutes

🔥 **Cooking Time**
60-75 minutes

Suitable potato varieties:

Fluffy, such as King Edward or Maris Piper

Ingredients

For the Jacket

- 2 baking potatoes, e.g. Maris Piper or King Edward (500g)

Topping 1: Tuna Nicoise

- 25g frozen, whole, green beans
- 200g can tuna in spring water, drained
- 25g pitted black olives, sliced
- 4 cherry tomatoes, halved (65g)
- 1 medium, hard-boiled egg, cut into eight
- 2 tbsp vinaigrette

Topping 2: Chicken Stir fry

- 1 tbsp rapeseed oil
- 1 large chicken breast, thinly sliced (175g)
- 1 carrot, cut into matchsticks (75g)
- 1 courgette, cut into matchsticks (170g)
- 1 tsp freshly grated ginger
- 2 tbsp light soy sauce
- 1 tbsp clear honey

Topping 3: Feta and Bean Salsa

- 400g can mixed bean salad, drained and rinsed
- 4 cherry tomatoes, quartered (65g)
- 4 spring onions, sliced
- 80g feta, crumbled
- 2 tbsp vinaigrette



Methods

Method for Topping 1: Tuna Nicoise

- 1 Cook the beans in boiling water for 2-3 minutes, drain, cool and cut into 3cm pieces.
- 2 Mix with the remaining ingredients and spoon over the halved jackets.

Method for Topping 2: Chicken Stir-fry

- 1 Heat the oil in a frying pan and fry the chicken for 5 minutes.
- 2 Add the vegetables and ginger and fry for a further 5 minutes.
- 3 Add the soy and honey and cook for 1-2 minutes.
- 4 Spoon over the halved jackets.

Method for Topping 3: Feta and Bean Salsa

- 1 Mix all the ingredients together and spoon over the halved jackets.



Equipment

- Fork
- Knife
- Chopping board
- Scales
- Small saucepan
- Colander
- Can opener
- Measuring spoons
- Mixing bowl
- Wooden spoon
- Grater
- Frying pan

For more potato recipes, visit www.prepcookservepotatoes.org.uk