

## Jacket potato with Tuna and Sweetcorn mayonnaise

Serves 10

Ingredients	
5 large (750g baking potatoes)	300g carrot sticks or lettuce `
1 x 400g can of tuna in spring water	5 tbsp (75g) mayonnaise
400g frozen sweetcorn	30 (450g) cherry tomatoes



- METHOD:
  - Pre heat oven to 200C/400F gas 6
  - Prick the baking potatoes several times with a fork and bake for 1 – 1 ½ hours depending on their size.
  - In a bowl mix the tuna, sweetcorn, and mayonnaise until well combined
  - When the potatoes are cooked, remove from the oven and cut in half
  - Spoon out the potato flesh and combine with the tuna and sweetcorn mixture
  - Spoon the mixture back into the skins and half a filled jacket potato, serve with 3 cherry tomatoes and the lettuce or carrot sticks
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- ✓ COOKS TIP – FOR PUREE DIETS COOK EXTRA POTATOES AND ADDITIONAL BROCCOLI TO MAKE A PUREE
  - ✓ FOR VEGETARIAN DIETS, (IF FISH NOT EATEN) USE CHICK PEAS OR QUORN PIECES
  - ✓ FOR EGG FREE DIETS, OMIT MAYONNAISE AND USE HEINZ SALAD CREAM

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
184	11.1	7.1	20	3.1	0.3	1.1	18