

# Fresh for Kids Microwave jacket potatoes



**SYDNEY MARKETS**

*Supplying quality fresh fruit & vegetables*

# Fresh for Kids Microwave jacket potatoes



Makes: 4

Preparation: 15 minutes

Cooking: 22 minutes

4 x 220g Sebago or Coliban  
potatoes

1/3 cup creamed cottage cheese

1 medium ripe avocado, peeled,  
stone removed and diced

ground black pepper (optional)

1. Preheat oven to 220°C. Wash and scrub potatoes and pat dry with paper towel. Using a fork, pierce each potato 8 times. Place potatoes around the outer edge of a microwave turntable plate, spacing potatoes evenly. Cook on High/100% for 6 minutes. Turn potatoes over and cook on High/100% for 5–6 minutes or until potatoes are just tender (skin should not be wrinkled) when tested with a skewer.
2. Place potatoes into oven and cook for 10 minutes or until skin just crisp.
3. Cut a cross into the centre of each potato and gently squeeze potatoes to open up. Set aside to cool slightly then top with cottage cheese and diced avocado. Season with pepper, if desired, and serve.

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