

Microwave Jacket Potatoes with various toppings

Jacket potatoes are a healthy and cheap meal and can be livened up with lots of different toppings. Cooking them in the microwave speeds up the process considerably, but loses the crunchy jacket. By following the method below, the skin is kept dry which improves the texture when cooked.



(Depending on topping)



Allergens and nutritional information is provided below for each topping.

Equipment

Weighing scales
Sharp knife
Chopping board
Kitchen paper
Microwave-safe plate
Oven gloves
Equipment below is for the additional toppings
Small bowl
Grater
Can opener
Colander
Kettle
Measuring spoon
Fork
Spoon

Ingredients

Jacket Potato
1 medium baking potato (approx.350g uncooked weight)

Leek, Apple, Cheese and Bacon
½ leek
Black pepper (optional)
15g reduced-fat Cheddar cheese
15g cooked bacon OR ham
1 eating apple

Tuna and Sweetcorn
1 x 80g can tuna (in spring water)
½ x 198g can sweetcorn
1 x 15ml spoon reduced-fat mayonnaise
Black pepper (optional)

Salmon and Peas
50g frozen peas
1 x 80g can skinless and boneless salmon
1 x 15ml spoon reduced-fat salad cream

Mushroom and Tomato
5 button mushrooms
Black pepper (optional)
35g reduced-fat cream cheese (1 mini tub)
1 x 5ml spoon tomato purée
½ x 5ml spoon lemon juice



*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

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Method

Jacket Potato

1. Wash the potato and prick with the sharp knife several times on all sides.
2. Dry the potato well with kitchen paper and place on a microwave-safe plate.
3. Place in the microwave and cook on full power for 4 minutes. All timings in this recipe are based on using an 800W microwave.
4. Remove the plate using oven gloves and turn the potato over. Dry the potato and the plate and put back into the microwave.
5. Heat on full power for a further 4 minutes.
6. Remove the plate and leave the potato to stand for a minute, as it will continue to cook. Check that the potato is soft by pushing a sharp knife into the centre. Return to the microwave for another 30 seconds if it is still hard in any part.

Leek, Apple, Cheese and Bacon

Nutritional information per potato and topping (421g):

Energy	Fat	Saturates	Sugars	Salt
1819kJ 433kcal 22%	6.7g 10%	2.8g 14%	16g 18%	0.83g 14%

of an adult's reference intake.

Typical values per 100g: energy 432kJ/103kcal.



Milk*

1. Wash and slice the leek. Place in a small bowl and grind over some black pepper (if using). Cover the bowl with clingfilm, leaving a small area open, and microwave on full power for 2 minutes. Grate the cheese, chop the bacon and grate the apple into the leeks.
2. Cut the potato in half, scoop out the fluffy middle and add to the cheese and vegetables. Mix well and spoon back into the jackets.
3. Put the filled jackets on a microwave-safe plate and heat for 1 minute or until the cheese has melted.

Top Tips

- If cooking more than one jacket potato, or it is larger than about 350g, you need to extend the cooking time. For each additional potato you need an extra 2-3 minutes.
- If you prefer a really crunchy skin, do the first 5 minutes in the microwave and then cook in a preheated oven at 200°C/180°C fan or gas mark 6 for 30 minutes.

Skills used include:

Washing, weighing, measuring, chopping, grating, mixing/combining, mashing and microwaving.

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Method

Tuna and Sweetcorn

Nutritional information per potato and topping (385g):

Energy	Fat	Saturates	Sugars	Salt
2281kJ 543kcal 27%	10g 15%	1.5g 7%	12g 13%	1.7g 28%

of an adult's reference intake.

Typical values per 100g: energy 592kJ/141kcal.

A! Egg, fish, milk and mustard*

1. Open the cans of tuna and sweetcorn and drain, then tip into the bowl with the mayonnaise and mix with black pepper (if using).
2. Split the jacket potato in half, roughly mash the middle with a fork, and spoon over the topping.

Salmon and Peas

Nutritional information per potato and topping (343g):

Energy	Fat	Saturates	Sugars	Salt
2029kJ 483kcal 24%	10g 15%	1.6g 8%	7.3g 8%	0.74g 12%

of an adult's reference intake.

Typical values per 100g: energy 591kJ/141kcal.

A! Egg, fish and mustard*

1. Measure the peas into a mixing bowl and pour over boiling water from the kettle. Leave for 5 minutes, then drain and return the peas to the bowl.
2. Open the can and drain the salmon, then add to the peas in the mixing bowl.
3. Measure in the salad cream and mix well.
4. Split the jacket potato in half, roughly mash the middle with a fork and spoon over the topping.

Something to try next time

- Swap a baking potato for a sweet potato. Prepare it in the same way, then cook in the microwave for 4 minutes, turn over and cook for one more minute.

Mushroom and Tomato

Nutritional information per potato and topping (303g):

Energy	Fat	Saturates	Sugars	Salt
1453kJ 346kcal 17%	3.4g 5%	2.0g 10%	3.4g 4%	0.49g 8%

of an adult's reference intake.

Typical values per 100g: energy 480kJ/114kcal.

A! Milk and sulphites*

1. Wipe the mushrooms clean with a piece of damp kitchen paper. Slice them and place into a microwave-safe bowl and grind over some black pepper (if using). Microwave on full power for 1 minute, stir and then cook for 1 more minute.
2. Allow to cool, then mix in the other ingredients.
3. Split the jacket potato in half, roughly mash the middle with a fork, and spoon over the topping.

Prepare now, eat later

- Fillings can be made in advance and kept for up to 24 hours in the fridge, so double them up and use the next day in a sandwich or another jacket potato.

Skills used include:

Washing, weighing, measuring, chopping, grating, mixing/combining, mashing and microwaving.