

Submission date: 16-Mar-2019 12:58PM (UTC-0400)

Submission ID: 1070520153

File name: BAKED_POTATO_RECIPES.docx (15.53K)

Word count: 535

Character count: 2082

BAKED POTATO RECIPES

1. CHILI & SPICY BAKED POTATO

NUTRITION

KCAL	FAT	SUGAR	FIBRE	PROTEIN	SALTS
702	50g	8g	17g	42g	5g

INGREDIENTS

5 Large potatoes, 2 table spoon oil, Beef Mince 500g, 1 Garlic 1 onion, crushed tomato 2 table spoon, cheese

How to Make

- First of all baked the potatoes and prick it each side and baked it in the oven at 200 C temp till 45 minutes
- On the other side use the fry pan and heat up the oil then add onion in the fry pan and heat it about 4 minutes. Add the chili and garlic to mix with onion about 2 minutes after put that mixture on the large empty dish
- Now put the beef mince on a empty pan over high heat and cook until its edges become crisp now added it on the onion mixture
- Mix in the tomato purée at that point put the dish in the stove with the potatoes and heat for 40 minutes until gurgling and beginning to thicken.
- Cut a cross in the top point of every potato and firmly press to open it.

2. Sweet spicy potatoes

NUTRITION

KCAL	FAT	SUGAR	FIBRE	PROTEIN	SALTS
400	10g	35g	10g	31g	0.9g

INGREDIENTS

4 Large potatoes, 2 table spoon oil, Beef thigh Mince 500g, 1 Garlic 1 onion, three table spoon Barbeque sauce, half table spoon red pepper, 400g tomato passata, four table spoon sour cream

How to Make

- First of all baked the potatoes and prick it each side and baked it in the oven at 200 C temp till 45 minutes
- Meanwhile use the fry pan and heat up the oil then add onion in the fry pan and heat it about 4 minutes. Add the garlic and mince and mix it to break up and heat it very high temp until mince color becomes browned. Add passata, barbeque sauce and red pepper at very low temp until simmer start from dish
- Spread the potatoes when it become soft after word added a cream to complete it

3. Baked Pizza Potatoes

NUTRITION

KCAL	FAT	SUGAR	FIBRE	PROTEIN	SALTS
415	16g	9g	8g	15g	1g

INGREDIENTS

4 Large potatoes, 2 table spoon oil, Beef thigh Mince 500g, 1
Garlic half red onion, beef sausage, half table spoon red pepper,

400g tomato, one half packet leaves of basil, Pizza cheese

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How to Make

- First of all baked the potatoes and prick it each side and baked it in the oven at 200 C temp and baked it on the oven shelf for about 90 minutes until they become soft and cover it with soft paper and heat it on oven about 5 minutes
- Meanwhile use the fry pan and heat up the oil then add onion in the fry pan and heat it about 4 minutes. Add the garlic and beef sausage and cook for 3 minutes and then mix a tomato with chopped after that heat it until the boil in last add half basil over the top and then cheese and added remaining basil.

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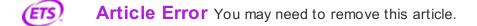
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