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by Faraz Swati

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

- # 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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