

Tuna melt jackets

(Serves 2)

Ingredients

- 2 x 200g Potatoes, baking
- 2 x 160g tins Tuna in spring water, drained (Princes)
- 1/2 tbsp Lemon juice
- 1/4 tsp Tabasco sauce (optional)
- 1/4 tsp Salt, reduced sodium
- 1 tsp Oil, Olive, napolini
- 20g Spring onions, thinly sliced
- 1 Garlic clove, crushed
- 1 Pepper, red, deseeded & finely chopped
- 2 Tomatoes, medium, finely chopped
- 1/8 tsp Black pepper
- 50g Cheese, Cheddar, Cathedral city lighter, grated

Preparation

1. Pre-heat oven to 200°C /400°F/Gas Mark 6 (180° fan).
2. Wash, dry & prick potatoes.
3. Cook potatoes on top shelf of oven for approx 1 hour, or until tender to prick.
4. Remove from oven, cut each potato in half. Leave to cook slightly.
5. Flake tuna into a bowl & add lemon juice & tabasco sauce.
6. Scoop out flesh from potato, mix with the salt & then mix in the tuna.
7. Heat the oil in a frying pan.
8. Fry spring onions, garlic & pepper for 4-5 minutes.
9. Add tomatoes & black pepper. Stir & cook for a further 2-3 minutes.
10. Add tuna mix & heat until warmed through.
11. Pile the mixture into the jacket skins.
12. Top with the grated cheese & grill until cheese melted & nicely browned.
13. Serve immediately.

TOP TIP: If you want to quicken up the time this takes to make, microwave the potatoes first & then put in oven to crisp up.

NUTRITIONAL VALUES

PER SERVING

Calories 401

Total Sugars 7.14g

Total Fats 8.89g

Saturated Fats 4.22g

Salt 1.68g

Fruit & Veg 2