

Take and Make

With Brathay

This week we have given you the ingredients to make

MAIN: Jacket potato with Cheesy Beans and Salad

DESSERT: Fruit with Yoghurt

Before you start cooking collect your equipment and wash your hands.

Remember to tie back your hair whilst preparing food.

1. Turn the oven to 200°C fan (220°C or Gas 7)
2. Rinse the potatoes in cold water then prick all over with a fork (this allows the steam to escape whilst cooking). Carefully place the potatoes directly onto the oven shelf (you may need your adult to do this for you) And bake for 20 mins. DON'T FORGET to set a timer.
3. Turn the oven down to 190° C fan (170°C or gas 5) and cook for a further 45 mins-1 hour.
4. Whilst the potatoes are cooking prepare the salad.
5. Wash the salad vegetables in cold water and then cut the lettuce into thin slices
6. Cut the tomatoes into 4 quarters then cut each quarter in half to make a bite sized chunk
7. Cut the cucumber and pepper into bite sized chunks
8. In a bowl, using clean hands, mix the salad ingredients together
9. Just before the potatoes are ready it's time to warm the beans.
10. Carefully open the can of beans and either: tip the contents into a pan and warm gently on the stove, or tip the contents into a non-metallic bowl, cover loosely and warm in the microwave (Check the side of the tin for instructions)
11. Remove the potatoes from the oven, place on a plate and slice a cross shape in the top with a sharp knife then squeeze the potato to open it slightly.
12. Divide the beans between the potatoes and sprinkle cheese on the top.
13. Divide the salad between the plates. And ENJOY
14. For dessert peel the fruit and cut into bite sized chunks. Divide the fruit between 4 (Or more) bowls. Spoon some yoghurt of the top of each fruit bowl.