



Twice Baked Sausage Stuffed Potatoes

30 minutes

Hands on

2-4

Portion(s)

2

Difficulty



Ingredients

- 4 potatoes
- 2 tablespoons mayonnaise
- 250 g country sausage (with leeks)
- 2 teaspoons Dijon mustard
- 1 teaspoon ketchup
- 1 teaspoon parsley, finely chopped
- juice and grated zest from ½ lemon
- rocket greens
- 1 tablespoon olive oil

Διατροφικός πίνακας

Nutrition information per portion

465 Calories (kcal)	25.0 Total Fat (g)	6.7 Saturated Fat (g)	45.0 Total Carbs (g)
23%	36%	33%	17%
4.4 Sugars (g)	12.2 Protein (g)	6.1 Fibre (g)	1.1 Sodium (g)
5%	24%	24%	18%

Method

- Wash and dry potatoes.
- Pierce them with a fork in multiple areas.
- Place them in a bowl and cover with plastic wrap. Put in a microwave set at 800 watts for 7-10 minutes.
- Remove the membrane from the sausage. Cut into pieces and beat in a blender. Transfer to a bowl.
- Carefully remove the potatoes from the microwave. Set aside until cool enough to handle. Cut each potato in half, lengthwise, with a sharp knife.
- Using a spoon remove pulp into a bowl. Leave about 1 ½ cm flesh under the skin.
- Preheat oven to 200* C (390* F) Fan.
- Transfer potato pulp to bowl with sausage. Add the parsley and mix together with a spoon.
- Place the potatoes in a baking pan. Use a spoon to fill them with sausage filling.
- Bake for 20 minutes.
- Whisk the mayonnaise, 1 teaspoon mustard, 1 teaspoon ketchup, juice and grated zest from ½ a lemon, until combined.
- Add a spoonful of the mixture onto each potato. Continue baking for another 3-4 minutes.
- Drizzle with some olive oil and serve with rocket green.
- Another nice idea is for avid potato lovers, is to add a top layer of extra mashed potatoes.
- In this case, prepare some creamy mashed potatoes and add an egg and 100 g cheese. Mix to combine and transfer to a piping bag. Choose a large piping tube and pipe the mashed potatoes over the potatoes before baking them in the oven, the second time.