



Jacket potatoes – light

10'
Hands on

105'
Cook Time

4
Portion(s)

1
Difficulty



Method

- Preheat oven to 200* C (390* F) Fan.
- Lay 4 sheets of aluminum foil with parchment on a working surface.
- Pierce the potatoes all over with a fork and place one in the center of each sheet of foil.
- To each potato add ½ tablespoon of olive oil, ½ clove of garlic, 1 sprig of rosemary, 1 sprig of thyme and 1 sprig of oregano.
- Wrap each potato in the sheet of foil, securely and transfer to a baking pan.
- Bake for 1-1 ½ hours.
- When ready, remove from oven and unwrap.
- Slice them lengthwise with a knife and gently push the sides together with your hands to open the sliced part more.
- Place them back in the same baking pan without any foil and drizzle each with a few drops of olive oil.
- Add salt, pepper, thyme and 1 tablespoon of cream cheese over the openings of each potato.
- Fold the turkey slices in half and add 2 slices to each potato over the cream cheese.
- Dice the bell peppers into 0.5 cm cubes and add them over the cream cheese.
- Sprinkle with cheddar and bake for 10-15 minutes.
- When ready, remove from oven and serve with finely chopped spring onion, mint and olive oil.

Ingredients

- 4 potatoes, large
- 3 tablespoon(s) olive oil
- 2 clove(s) of garlic
- 4 sprig(s) rosemary
- 4 sprig(s) oregano
- 4 sprig(s) thyme
- salt
- pepper
- 200 g cream cheese, light
- 8 slices smoked turkey
- 1/4 red bell pepper
- 1/4 yellow bell pepper
- 1/4 green bell pepper
- 100 g cheddar, grated

To serve

- 1 spring onion, (only the green part)
- mint leaves, fresh
- olive oil, some

Διατροφικός πίνακας

Nutrition information per portion

426 Calories (kcal)	17.0 Total Fat (g)	5.7 Saturated Fat (g)	42.0 Total Carbs (g)
21%	24%	29%	16%
5.3 Sugars (g)	25.0 Protein (g)	4.9 Fibre (g)	1.4 Sodium (g)
6%	50%	20%	23%