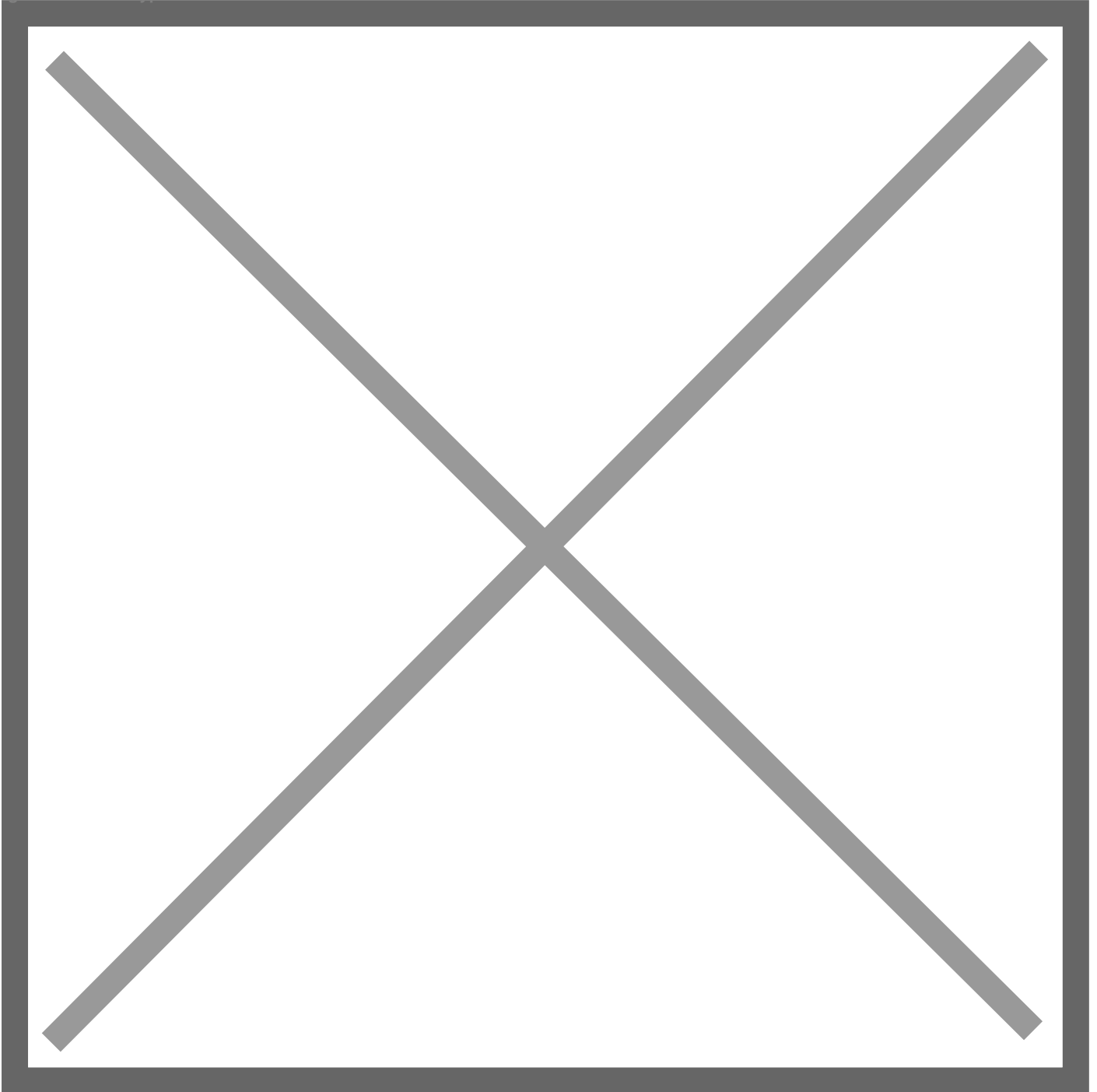


POTATO SKINS LOADED WITH CORN, MAYONNAISE, AVOCADO AND SOUR CREAM

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Author:

Serving: 4 - 6

Cooking Time: 50 minutes

Prep Time: 5 minutes

INGREDIENTS

- 800g potatoes, skin on
- 20ml (4 tsp) sunflower oil
- 15ml (1 tbs) vegetable spice
- **Filling**
- 45ml (3 tbsp) mayonnaise
- 230g sweetcorn
- 1 avocado, peeled and cubed
- 15ml (1 tbsp) sour cream
- 10ml (2 tsp) fresh coriander, chopped

INSTRUCTIONS

Tips: Using the air fryer makes it easier to spoon out the potato leaving the potato skin intact

1. Rub the oil all over the potatoes and season well.
2. Place the potatoes in the air fryer and set to 200°C. Cook for (+/- 40 minutes)
3. Cut the potatoes in half horizontally and scoop out most of the potato leaving the skin intact. Place the potato skin side up in the air fryer, spritz with oil and air fry until crispy for (+/- 5 minutes). Chop the scooped potato into small pieces
4. Mix the mayonnaise with the rest of the ingredients as well as the scooped potato pieced and fill each potato skin with the mixture and serve