

POTATO SKINS SERVED WITH A GUACAMOLE DIP SPRINKLED WITH TOMATO SALSA



Serving: 4 - 6

Cooking Time: 40 minutes

Prep Time: 10 minutes

INGREDIENTS

- Guacamole

- 1 avocado, flesh scooped out
- Juice of 1 lemon
- Dash of Tabasco sauce
- **Tomato Salsa**
- 1 tomato, seeded and finely chopped
- ½ cucumber, finely chopped
- ½ orange pepper, seeded and chopped
- 45ml (3 tbsp) fresh mint, finely chopped
- 4 large potatoes, skin on
- Salt, to taste
- 60ml (¼ cup) olive oil

INSTRUCTIONS

Tip: For easy entertainment one can prepare the skins up to the point where you scoop out the flesh and refrigerate. Once you are ready to use them, bake until crispy

1. To make the guacamole, mix the avocado pulp with the lemon and tabasco and refrigerate until needed
2. Mix all the salsa ingredients together and refrigerate until needed
3. Preheat the oven to 180°C
4. Put the potatoes onto a baking dish and season well. Drizzle with half of the oil and bake until soft
5. Remove from the oven and carefully spoon out the flesh leaving a thin layer of potato, making sure you do not tear the potato skin. Place back on the baking tray, cut side down and drizzle with the remaining oil and bake until crispy, turning over halfway through the baking time
6. Serve the potato skins with the guacamole and salsa while still hot