

ROW YOUR BOAT: POTATO TOMATO BOATS TOPPED WITH CHEESE



Serving: 2

Cooking Time: Not Specified

Prep Time: Not Specified

INGREDIENTS

- 1 Medium Potato (180g), with skin

- 2 tsp. Olive Oil
- 60g Mozzarella, grated
- 1 Medium Red Onion, finely chopped
- 10 Rosa Tomatoes, sliced in half
- ½ tsp. Himalayan Salt
- Ground Black Pepper, to taste
- Handful of Fresh Chives, chopped

INSTRUCTIONS

1. Preheat oven to 200°C 2. Bake whole potatoes for 40-45 minutes until soft but still firm enough to slice 3. Slice in half lengthways and scoop out most of the flesh leaving a small rim of flesh around the skin to create a potato “boat” 4. Keep the flesh to make mashed potato or another potato recipe 5. In a pan, over the stove, sauté the chopped onions in the 2 tsp. of olive oil until translucent 6. Scoop the onion, grated mozzarella and tomatoes into the potato “boats” before baking in the preheated oven until the cheese has melted, about 10 minutes 7. Serve topped with the freshly chopped chives for garnish. Nutritional Information per serving: 726kJ Energy 17.5g Carbohydrate 0g Added Sugar 5.6g Protein 4.7g Monounsaturated Fat 1.5g Saturated Fat 0.9g Polyunsaturated Fat 2.6g Fibre 540mg Sodium