

Lunch

RECIPE CARD

Spicy Tuna & Cottage Cheese Jacket Potato

RECIPE NAME

Lunch

MEAL TIME

10 minutes

PREP TIME

60 Minutes

TIME TO COOK

For a low-fat, high energy lunch, try a carbohydrate-heavy baked potato with a light and nutritious filling

NOTES

Approx. 439 kcal

CALORIES

INGREDIENTS

- ★ 225g can Tuna, *drained*
- ★ ½ Red Chilli, *chopped*
- ★ 1 Spring Onion, *sliced*
- ★ handful halved Cherry Tomatoes
- ★ ½ small bunch Coriander, *chopped*
- ★ 1 medium-sized Jacket Potato
- ★ 150g low-fat Cottage Cheese

METHOD



Preheat the oven to 180C/Gas 4/fan oven 160C.

Prick the potato several times with a fork. Place it straight onto a shelf in the hottest part of the oven and bake for approximately one hour, or until it is soft and fluffy inside.



Mix the tuna with the chilli, spring onion, cherry tomatoes and coriander. Split the jacket potato and using your fork, fluff up the potato. Fill it with the tuna mix and top with the cottage cheese.



Serve with a healthy salad and low-fat dressing to be sure you're getting in your 5-a-day!