

souffleed baked potatoes

cracking meals
under £1 per portion



Preparation: 10 mins

Cooking: 1hr 20 mins

Serves 4

4 baking potatoes, scrubbed

25g/1oz butter

2 large British Lion eggs, separated

50g/2oz watercress, chopped

50g/2oz ham, thinly sliced

100g/4oz Cheddar cheese, grated

1. Preheat the oven to 200°C/Fan 180°C/400°F/Gas Mark 6. Place the potatoes on a baking sheet and bake in the hot oven for 50-60 mins or until tender and the skins crisp.

2. Slice a circle of skin off each potato and discard. Scoop out the potato flesh leaving a 5mm/0.2in thick wall of potato next to the skin. Mash the potato with the butter and egg yolks. Stir in the watercress, ham and half the cheese. Season to taste.

3. Place the egg whites in a grease-free bowl, then use an electric whisk to whisk them until they form soft peaks. Stir a spoonful of the egg white through the potato mixture, then gently fold through the remainder. Scoop the mixture back into the potatoes. Sprinkle over the cheese and bake for a further 20 mins or until puffed up and golden. Serve in bowls with more watercress.

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