

Jacket Potatoes

SERVES 4

.....
4 large potatoes, skin on
oil spray
toppings

Lightly spray potatoes with oil. Put on oven tray and bake at 400°F (200°C) for 45 minutes or until cooked through.

Make a cut across the top of the potatoes lengthwise, then widthwise, and use your fingers to squeeze them open by pushing all 4 corners up and into the middle of the potato.

Top with Salad Vegetables, hummus, Creamy Thyme Mushrooms and Tuscan Lentil & Tomato stew.

Tip: If your oven has a timer, set the oven so the potatoes are ready when you get home.



Creamy Thyme Mushrooms

MAKES 3 X 1 CUP SERVES

.....
7oz (200g) mushrooms (flat and button and others)
1 onion diced
2 cloves garlic crushed
1 tablespoon oil
½ cup water
½ cup cashew nuts raw
¼ teaspoon salt
optional: 2 tablespoons soy sauce
garnish: 2 tablespoons fresh thyme

Saute mushrooms, onion, garlic, oil until soft.

Blend cashews and water together to make cream. Add with salt and optional soy sauce to mushroom dish.

Warm through, then pour into serving dish.

Garnish with finely chopped thyme – it goes really well with mushrooms so make sure you do not miss adding the garnish!