Tuna Melt Potato Halves

Eight tuna-melt potato halves, two per meal with peas · Active 25 min · Total 1 hr

Skills: Finishing fully microwaved potatoes with a measured fish filling and cheese top

Ingredients

- 4 medium baking potatoes (about 1 3/4 lb/800 g total), washed
- Canned tuna in water, well drained (7 oz/200 g)
- 1/4 cup plain yogurt (60 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2/3 cup grated cheddar (60 g)
- 2 cups frozen peas (280 g)
- Water for peas as their package directs

Set out

Microwave and large microwave-safe plate, Oven and baking sheet, Fork, knife and bowl, Small saucepan or microwave bowl for peas, Food thermometer

Allergens

fish, milk. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Prick potatoes all over and arrange on the microwave-safe plate. Microwave on high for 12–18 minutes total, turning halfway, until a knife reaches the centers easily; continue in 2-minute bursts if needed. Do not wrap in foil in the microwave.

2. Meanwhile mix drained tuna, yogurt and pepper. Let hot potatoes stand for 3 minutes, then halve lengthwise carefully. Roughen each cut face with a fork without breaking its skin. Place all eight halves cut-side up on the baking sheet.

3. Divide tuna filling among eight halves and scatter each with one-eighth of the cheddar. Bake for 10–15 minutes until cheese melts and the filled centers reach 165°F/74°C.

4. Cook peas fully according to their package, then drain. Serve two potato halves per person with one-quarter of the peas.

No hidden butter step

The tuna-yogurt mixture moistens the fork-roughened potato. Butter and mayonnaise are not required base ingredients.

Ingredient labels

Tuna supplies fish, while yogurt and cheddar supply milk. Read actual labels, including frozen vegetables with added sauce.

A useful detail

Microwave cooking and oven preheating overlap. A single large potato can need longer than two small ones with the same weight; center tenderness, then final filling temperature, determine readiness.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Store peas and potato halves in shallow covered containers. Never leave cooked potatoes warm in foil at room temperature. Freezing the yogurt-filled potatoes is not recommended for texture.